

# AMASHOVA SUB- 5 HOUR TRAINING PROGRAMME

## AIM:



Finish the Amashova in less than 5 hours (12 weeks of training)

## GOAL OF THIS PHASE:



Base work & Strength work

## TRAINER SESSION:

Can be done on a stationery gym bike or home-trainer:

Warm-up: 7 min spinning (Gear: 39 – 18)

3 min (Gear: 53- 21)

Build set: 3 min (53-18) starting cadence 80 then 90 then 100 (1 min each)

1 min easy

REPEAT

Warm-down: 3 min spinning – easy gear

1 min easy

## MORE DETAILS:

Please go to:

[www.shova.co.za](http://www.shova.co.za) for full details and further explanations of the programme

## IMPORTANT NOTES:



If you are aiming for a sub-5 hour race it is presumed you are psychically capable and able to participate in a training programme. This programme is a suggested format and should not be used if a Professional has advised you otherwise.



Always warm-up and warm-down before the suggested sessions including a stretching session. Stretching after your workout has many benefits and should be done regularly.



In order to complete the race in less than 5 hours you need to be able to maintain an average speed of 20 km/h. The programme is designed to build up to maintaining this average.

# JULY 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		<b>1</b> am: Trainer session + CSE  pm: Rest	<b>2</b> REST DAY	<b>3</b> am: Hill work 2 repeats of 10 min climb.  pm: Stretchnig session or massage	<b>4</b> am: 1/2 Hours I – flat course	<b>5</b> am: rest  pm: Stretching session or Yoga class or massage
<b>6</b> REST DAY	<b>7</b> am: Easy 10km, Hard 10km, Easy 10km	<b>8</b> am: rest  pm: 40km cycle – easy gears, low HR	<b>9</b> am: Long easy ride.	<b>10</b> am: Long ride. 2 Hours with stops as needed	<b>11</b> am: Easy 10km, Hard 10km, Easy 10km	<b>12</b> am: rest  pm: 40km cycle – easy gears, low HR
<b>13</b> am: Rest  pm: 30km cycle. Easy effort – approx 15km/h av.	<b>14</b> am: Hill work 2 repeats of 10 min climb.  pm: Stretchnig session or massage	<b>15</b> am: 1/2 hours – flat course	<b>16</b> am: Trainer session + CSE  pm: Rest	<b>17</b> am: Long easy ride.	<b>18</b> REST DAY	<b>19</b> Amashova 106km

**NOTES:** CSE = Core Stength Exercises (All stomach exercises especially Swiss Ball exercises) HR = Heart Rate