

MAY 2026

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 stationary 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

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.

CSE = Core Stength Exercises (All stomach exercises especially Swiss Ball exercises)

HR = Heart Rate

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 REST DAY	2 am: Long easy ride.	3 am: Long ride depending on how you feel from previous day's ride
4 am: rest pm: Stretching session or Yoga class or massage	5 am: Rest pm: 20km cycle. Medium effort - approx 15 km/h av.	6 am: Rest pm: Intervals: 4 * 5 min HARD efforts with 5 min easy cycle in between	7 am: Trainer session + CSE pm: Rest	8 REST DAY	9 am: Long ride. 2 Hours with stops as needed	10 am: Easy 10km, Hard 10km, Easy 10km
11 am: rest pm: 40km cycle – easy gears, low HR	12 am: Rest pm: 30km cycle. Easy effort – approx 15km/h av.	13 am: Hill work 2 repeats of 10 min climb. pm: Stretchnig session or massage	14 am: Trainer session + CSE pm: 30km cycle. Medium effort - approx 20 km/h av.	15 REST DAY	16 am: 2 Hours long ride – flat course	17 am: 2 Hours long ride – hilly course
18 am: Rest pm: 30km cycle. Medium effort - approx 35 km/h.	19 am: Trainer session + CSE pm: 30km cycle. Medium effort - approx 20 km/h av.	20 am: Rest pm: pm: Intervals: 4 * 8 min HARD efforts with 4 min easy cycle in between	21 am: Trainer session + CSE pm: Rest	22 REST DAY	23 am: Long ride. 2 Hours with no stops.	24 GOAL: Ride 100km
25 am: Rest pm: 40km cycle. Easy effort.	26 REST DAY	27 am: Hill work: 2 repeats of a 10 min climb pm: Stretchnig session or massage	28 am: Trainer session + CSE pm: 40km cycle. Medium effort - approx	29 REST DAY	30 am: Long easy ride.	31 am: Long ride depending on how you feel from previous day's ride