

TRAINING

I am including cross training into the program, if you belong to a gym do circuit training with light weights, alternatively, do some push ups, sit-ups and some fast walking and jogging. This will help with your overall fitness. I recommend that you do some running also.

WEEK 1 –

MO: Field test, max heart rate if you do not use option 1, otherwise Rest
TU 30min @ zone 1 + cross training 30min
WE 45min cross training
TH 1h10 @ zone 2
FR 30min cross training
SA 1h10 @ zone 2
SU 1h30 @ zone 2

WEEK 2 –

MO Rest
TU 45min @ zone 1
WE 1h00 cross training
TH 1h20 @ zone 2
FR 45min cross training
SA 1h30 @ zone 2
SO 1h45 @ zone 2, include 20min @ zone 3

WEEK 3 –

MO Rest
TU 1h10 @ zone 1, include 30min in zone 2 but spin at a high cadence, 110rpms+
WE 1h00 cross training
TH 1h45 @ zone 2
FR 1h00 cross training
SA 1h45 @ zone 2
SO 2h15 @ zone include 30min in zone 3

WEEK 4 –

MO Rest
TU 1h30 @ zone 1, include 40min in zone 2, spin at a high cadence, 110rpms+
WE 1h00 cross training
TH 2h00 @ zone 2
FR 45min cross training
SA 2h15 @ zone 2
SO 2h45 @ zone 2 include 45min in zone 3

WEEK 5 - Recovery week

MO Rest
TU 1h00 @ zone 1 include 15min high cadence between 115 and 125rpms @ zone 2
WE 1h00 cross training
TH 1h20 @ zone 2
FR 45min cross training
SA 1h30 @ zone 2
SO 2h00 @ zone 2

WEEK 6 -

MO Rest
TU 1h30 @ zone 1, include 30min high cadence between 115 and 125rpms @ zone 2
WE 1h10 cross training
TH 2h00 @ zone 2
FR 1h00 cross training
SA 2h10 @ zone 2
SO 2h40 @ zone 2, include 30min in zone 3

WEEK 7 -

MO Rest
TU 1h30 @ zone 1, include 40min high cadence 115 and 125rpms @ zone 2
WE 1h45 @ zone 2, include 30min @ zone 3
TH 2h45 @ zone 2
FR 1h00 cross train
SA 2h45 @ zone 2
SO 3h00 @ zone 2, include 45min @ zone 3

WEEK 8 -

MO Rest
TU 1h35 @ zone 1, include 45min high cadence 115 and 125rpms @ zone 2
WE 1h00 @ zone 2
TH Rest
FR Klein Karoo Klassiek – 132km
SA Klein Karoo Klassiek - 95km
SO Klein Karoo Klassiek - 41km Time Trail

WEEK 9 -

The next following weeks you will be doing a lot of hill training and all the intervals you will be doing, must be on a hill, if you do not have a hill that will allow you to ride for 10min at a time, then ride in big gears, so that your cadence is between 50 and 65rpms.

MO 45min cross training or rest day
TU 1h30 @ zone 1, include 30min high cadence @ zone 2
WE 1h45 @ zone 2, include 2 X 10min intervals @ zone 3, do these intervals
On a hill with 10min easy between intervals
TH 2h00 @ zone 2, include 2 X 10min intervals @ zone 3, do these intervals
On a hill, with 10min easy, plus include 15min high cadence @ zone 2
FR 45min cross training or 1h00 @ zone 1
SA 2h30 @ zone 2
SO 3h00 @ zone 2, include 45min in Zone 3

WEEK 10 -

MO Rest day
TU 1h30 @ zone 1, include 40min in zone 2
WE 1h45 @ zone 2, include 3 X 10min intervals @ zone 3, do these intervals
On a hill with 10min easy between intervals
TH 2h20 @ zone 2 include 3 X 10min intervals @ zone 3, do these intervals
On a hill, with 10min easy between intervals
FR 1h00 cross training or 1h20 @ zone 2
SA 2h40 @ zone 2
SO 3h15 @ zone 2, include 1h00 @ zone 3

WEEK 11 -

MO Rest day
TU 1h30 @ zone 1, include 40min high cadence @ zone 2
WE 1h45 @ zone 2, include 4 X 10min intervals @ zone 3, do these intervals
On a hill, with 10min easy between intervals
TH 2h30 @ zone 2, include 15min high cadence @ zone 2
FR 1h30 @ zone 1 or cross training 1h00
SA 3h00 @ zone 2
SO 3h45 @ zone 2

WEEK 12 -

MO Rest day
TU Rest day
WE 1h00 @ zone 1
TH 2h00 @ zone 2, include 15min of high cadence @ zone 2
FR 1h30 @ zone 2
SA 2h00 @ zone 2
SO 2h30 @ zone 2

WEEK 13 -

The next following weeks you will be doing a lot of hill training and all the intervals you will be doing, must be on a hill, if you do not have a hill that will allow you to ride for 10min at a time, then ride in big gears, so that your cadence is between 50 and 65rpms.

MO 45min cross training or rest day
TU 1h30 @ zone 1, include 30min high cadence @ zone 2
WE 1h45 @ zone 2, include 2 X 10min intervals @ zone 3, do these intervals
On a hill with 10min easy between intervals
TH 2h00 @ zone 2, include 2 X 10min intervals @ zone 3, do these intervals
On a hill, with 10min easy, plus include 15min high cadence @ zone 2
FR 45min cross training or 1h00 @ zone 1
SA 2h30 @ zone 2
SO 3h00 @ zone 2, include 45min in Zone 3

WEEK 14 -

MO Rest day
TU 1h30 @ zone 1, include 40min in zone 2
WE 1h45 @ zone 2, include 3 X 10min intervals @ zone 3, do these intervals
On a hill with 10min easy between intervals
TH 2h20 @ zone 2 include 3 X 10min intervals @ zone 3, do these intervals
On a hill, with 10min easy between intervals
FR 1h00 cross training or 1h20 @ zone 2
SA 2h40 @ zone 2
SO 3h15 @ zone 2, include 1h00 @ zone 3

WEEK 15 -

MO Rest day
TU 1h30 @ zone 1, include 40min high cadence @ zone 2
WE 1h45 @ zone 2, include 4 X 10min intervals @ zone 3, do these intervals
On a hill, with 10min easy between intervals
TH 2h30 @ zone 2, include 15min high cadence @ zone 2
FR 1h30 @ zone 1 or cross training 1h00
SA 3h00 @ zone 2
SO 3h45 @ zone 2

WEEK 16

MO Rest day
TU Rest day
WE 1h00 @ zone 1
TH 2h00 @ zone 2, include 15min of high cadence @ zone 2
FR 1h30 @ zone 2
SA 2h00 @ zone 2
SO 2h30 @ zone 2

WEEK 17

MO 45min @ zone 1

TU 1h20 @ zone 1 include 40min @ zone 2
WE 1h45 @ zone 2, include 2 X 15min intervals @ zone 4, 15min easy spinning
Between intervals
TH 2h20 @ zone2, include 30min @ zone 3
FR 1h00 @ zone 1
SA If you are not doing the Knysna then do the following 2h10 @ zone 2, include
2h10 @ zone 2, include 2 X 15min intervals at zone 4, 15min easy spinning
between intervals
SO Rest day if you did the Knysna otherwise do the following 2h45 @ zone 2,
2h45 @ zone 2, include 30min @ zone 3

WEEK 18

MO 45min @ zone 1
TU 1h40 @ zone 1, include 45min @ zone 2
WE 2h00 @ zone 2, include 3 X 15min intervals @ zone 4 with 10min easy
Spinning between intervals
TH 2h30 @ zone 2, include 2 X 15min intervals @ zone 4 with 15min easy
Spinning between intervals
FR 1h20 @ zone 1
SA 2h45 @ zone 2, include 3 X 15min intervals @ zone 4 with 10min easy
Spinning between intervals
SO 3h45 @ zone 2, include 30min @ zone 3

WEEK 19

MO 45min @ zone 1 or rest
TU 1h10 @ zone 1, include 30min @ zone 2
WE 1h30 @ zone 2
TH 2h00 @ zone 2
FR 45min @ zone 1 or rest day
SA 1h30 @ zone 2
SO 2h30 @ zone 2

WEEK 20

MO 45min @ zone 1 or rest
TU 1h45 @ zone 2, include 3 X 15min intervals @ zone 4 with 10min easy
Spinning between intervals
WE 2h30 @ zone 2, include 2 X 15min intervals @ zone 4 with 15min easy
Spinning between intervals
TH 2h20 @ zone 2, include 2 X 20min intervals @ zone 3 with 5min easy
Spinning between intervals
FR Rest day
SA 2h30 @ zone 2, include 3 X 15min intervals @ zone 3 with 5min easy
Spinning between intervals
SO 3h00 @ zone 2, include 30min @ zone 3

WEEK 21

- MO Rest day
- TU 2h10 @ zone 2, include 4 X 5min intervals @ zone 5 with 4min easy
Spinning between intervals
- WE 2h20 @ zone 2, include 2 X 5min intervals @ zone 5 with 3min easy
Spinning between intervals, then 30min @ zone 1
- TH 3h00 @ zone 2, include 2 X 20min intervals @ zone 3 with 5min easy
Spinning between intervals
- FR 1h00 @ zone 1
- SA 3h15 @ zone 2, include 4 X 5min intervals @ zone 5 with 4min easy
Spinning between intervals
- SO 4h00 @ zone 2, include 45min @ zone 3

WEEK 22

- MO Rest day
- TU 2h20 @ zone 2, include 6 X 5min intervals @ zone 5 with 5min easy
Spinning between intervals
- WE 2h45 @ zone 2
- TH 3h00 @ zone 2, include 2 X 20min intervals @ zone 3 with 5min easy
Spinning between intervals
- FR 1h20 @ zone 1
- SA 3h30 @ zone 2, include 6 X 5min intervals @ zone 5 with 5min easy
Spinning between intervals
- SO Rest day

WEEK 23

- MO 1h30 @ zone 1
- TU Rest day
- WE 1h15 @ zone 2, include 3 X 2min @ zone 5 with 3min easy
Spinning between intervals
- TH 1h00 @ zone 1
- FR Rest day
- SA Trans-Baviaans

Good luck and have fun. If you followed this training program, will you be so kind and give the race organizers feedback on how you found training