



TOUR de BEARA TRAINING PROGRAMME

WEEKS 12 - 9



	June 24 th -June 30 th	July 1 st -July 7 th	July 8 th -July 14 th	July 15 th -July 21 st
Mon	Recovery Day	Recovery Day	Recovery Day	Recovery Day
Tue	<p>Some light Intensity. Flat road</p> <p>Warm up; 20 mins easy zone 1-2 RPE 1-2</p> <p>Light Intensity; 3 X 5 mins. Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries.</p> <p>Warm down; 20 mins easy</p>	<p>Some light Intensity. Flat road</p> <p>Warm up; 20 mins easy, zone 1-2 RPE 1-2</p> <p>Light Intensity; 4 X 5 mins. Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries.</p> <p>Warm down; 20 mins easy</p>	<p>Some light Intensity. Flat road</p> <p>Warm up; 20 mins easy, zone 1-2 RPE 1-2</p> <p>Light Intensity; 5 X 5 mins. Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries.</p> <p>Warm down; 20 mins easy</p>	<p>2 hours steady spin at zone 2 Heart rate or 3-4 perceived exertion, no efforts.</p>
Weds	Recovery Day	Recovery Day	Recovery Day	Recovery Day
Thur	<p>Some seated sprints developing anaerobic capacity. Use a flat safe road.</p> <p>Warm up; 20 mins easy</p> <p>Sprints; 3 x 20 second seated sprints. Do these in a med gear from a good speed. Accelerate as fast as you can sitting in the saddle. 3 min recoveries. 15 mins easy, then repeat 3 x 20 sec seated sprints</p> <p>Warm down; 20 mins easy</p>	<p>Some seated sprints developing anaerobic capacity. Use a flat safe road.</p> <p>Warm up; 20 mins easy</p> <p>Sprints; 3 x 30 second seated sprints. Do these in a med gear from a good speed. Accelerate as fast as you can sitting in the saddle. 3 min recoveries. 15 mins easy, then repeat 3 x 30 sec seated sprints</p> <p>Warm down; 20 mins easy</p>	<p>Some seated sprints developing anaerobic capacity. Use a flat safe road.</p> <p>Warm up; 20 mins easy</p> <p>Sprints; 3 x 40 second seated sprints. Do these in a med gear from a good speed. Accelerate as fast as you can sitting in the saddle. 3 min recoveries. 15 mins easy, then repeat 3 x 40 sec seated sprints</p> <p>Warm down; 20 mins easy</p>	<p>2 hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>
Fri	Recovery Day	Recovery Day	Recovery Day	Recovery Day
Sat	<p>2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>	<p>2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>	<p>2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>	<p>2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>
Sun	<p>4 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>	<p>4 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>	<p>5 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>	<p>3 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>