



TOUR de BEARA TRAINING PROGRAMME

WEEKS 16 - 13



	May 27 th -June 2 nd	June 3 rd -9 th	June 10 th -16 th	June 17 th -23 rd Easy week
MON	Recovery day	Recovery day	Recovery day	Recovery day
TUE	<p>Long Cadence Efforts. Leg speed work with longer intervals.</p> <p>Warm up; 20 mins easy, zone 1-2, RPE 2-3, easy gear, 80-90rpm</p> <p>Long Cadence Efforts; 3 x 10 mins easy gears at high cadence 100rpm, Zone 2-3, RPE 3-4, with 5 min recoveries easy</p> <p>Warm down; 20 mins easy</p>	<p>Long Cadence Efforts. Leg speed work with longer intervals.</p> <p>Warm up; 20 mins easy, zone 1-2, RPE 2-3, easy gear, 80-90rpm</p> <p>Long Cadence Efforts; 3 x 10 mins easy gears at high cadence 100rpm, Zone 2-3, RPE 3-4, with 5 min recoveries easy</p> <p>Warm down; 20 mins easy</p>	<p>Long Cadence Efforts. Leg speed work with longer intervals.</p> <p>Warm up; 20 mins easy, zone 1-2, RPE 2-3, easy gear, 80-90rpm</p> <p>Long Cadence Efforts; 3 x 10 mins easy gears at high cadence 100rpm, Zone 2-3, RPE 3-4, with 5 min recoveries easy</p> <p>Warm down; 20 mins easy</p>	Just an easy 2 hours spin , just spin the legs out zone 1-2 or RPE 2-3.
WEDS	Recovery day	Recovery day	Recovery day	Recovery day
THUR	<p>Long, Strength Endurance work. Using long steady hill, 5 mins long and 3-5% gradient max.</p> <p>Warm up; 20 mins easy, zone 1</p> <p>Strength/ Endurance; 4 x 5 min sitting in the saddle heavy gear, low cadence 50-60rpm, Just roll the gear over at zone 3-4, RPE 5-6 with 5 min recoveries easy gears.</p> <p>Warm down; 20 mins easy</p>	<p>Long, Strength Endurance work. Using long steady hill, 5 mins long and 3-5% gradient max.</p> <p>Warm up; 20 mins easy, zone 1</p> <p>Strength/ Endurance; 4 x 5 min sitting in the saddle heavy gear, low cadence 50-60rpm, Just roll the gear over at zone 3-4, RPE 5-6 with 5 min recoveries easy gears.</p> <p>Warm down; 20 mins easy</p>	<p>Long, Strength Endurance work. Using long steady hill, 5 mins long and 3-5% gradient max.</p> <p>Warm up; 20 mins easy, zone 1</p> <p>Strength/ Endurance; 5 x 5 min sitting in the saddle heavy gear, low cadence 50-60rpm, Just roll the gear over at zone 3-4, RPE 5-6 with 5 min recoveries easy gears.</p> <p>Warm down; 20 mins easy</p>	Just and easy 2 hours spin , just spin the legs out zone 1-2 or RPE 2-3.
FRI	Recovery day	Recovery day	Recovery day	Recovery day
SAT	<p>Endurance; 2 hours steady spin, at zone 2 Heart rate, or 3-4 perceived exertion, no efforts.</p>	<p>Endurance; 2 hours steady spin, at zone 2 Heart rate, or 3-4 perceived exertion, no efforts.</p>	<p>Endurance; 2 hours steady spin, at zone 2 Heart rate, or 3-4 perceived exertion, no efforts.</p>	2 hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.
SUN	<p>Endurance; 3 Hours steady spin, at zone 2 Heart rate, or 3-4 perceived exertion, no efforts.</p>	<p>Endurance; 3 Hours steady spin, at zone 2 Heart rate, or 3-4 perceived exertion, no efforts.</p>	<p>Endurance; 4 Hours steady spin, at zone 2 Heart rate, or 3-4 perceived exertion, no efforts.</p>	3 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.