



TOUR de BEARA TRAINING PROGRAMME

WEEKS 20 - 17

	April 29 th -May 5 th	May 6 th -12 th	May 13 th -19 th	May 20 th -26 th EASY WEEK
MON	Recovery Day	Recovery Day	Recovery Day	Recovery Day
TUE	<p>Light bike strength endurance work. 58 mins. (Use an easy gradient hill i.e. 4-5% gradient.)</p> <p>Warm up; 20 mins easy, zone 1-2 HR, at good high cadence, 80-90RPM</p> <p>Strength; using a hard gear i.e. Big Chain ring on the front and lower sprockets on the back. Sit in the saddle and ride the hill rolling the gear over slowly low cadence 50-60 RPM, 3 X 3 mins. at Zone 3 HR, or RPE 5, with 3 min recovery in between reps.</p> <p>Warm down; 20 mins in easy gears spinning at a good 80-90RPM</p>	<p>Light bike strength endurance work. 64 mins. (Use an easy gradient hill i.e. 4-5% gradient.)</p> <p>Warm up; 20 mins easy, zone 1-2 HR, at good high cadence, 80-90RPM</p> <p>Strength; using a hard gear i.e. Big Chain ring on the front and lower sprockets on the back. Sit in the saddle and ride the hill rolling the gear over slowly low cadence 50-60 RPM, 4 X 3 mins. at Zone 3 HR, or RPE 5, with 3 min recovery in between reps.</p> <p>Warm down; 20 mins in easy gears spinning at a good 80-90RPM</p>	<p>Light bike strength endurance work. 70 mins. (Use an easy gradient hill i.e. 4-5% gradient.)</p> <p>Warm up; 20 mins easy, zone 1-2 HR, at good high cadence, 80-90RPM</p> <p>Strength; using a hard gear i.e. Big Chain ring on the front and lower sprockets on the back. Sit in the saddle and ride the hill rolling the gear over slowly low cadence 50-60 RPM, 5 X 3 mins. at Zone 3 HR, or RPE 5, with 3 min recovery in between reps.</p> <p>Warm down; 20 mins in easy gears spinning at a good 80-90RPM</p>	<p>Light bike strength endurance work. 58 mins. (Use an easy gradient hill i.e. 4-5% gradient.)</p> <p>Warm up; 20 mins easy, zone 1-2 HR, at good high cadence, 80-90RPM</p> <p>Strength; using a hard gear i.e. Big Chain ring on the front and lower sprockets on the back. Sit in the saddle and ride the hill rolling the gear over slowly low cadence 50-60 RPM, 3 X 3 mins. at Zone 3 HR, or RPE 5, with 3 min recovery in between reps.</p> <p>Warm down; 20 mins in easy gears spinning at a good 80-90RPM</p>
WEDS	Recovery Day	Recovery Day	Recovery Day	Recovery Day
THUR	<p>Some High Cadence Work 1hr 44m</p> <p>Warm up; 20 mins. easy zone 1-2 or RPE 1-3</p> <p>High Cadence; 3 X 1 Mins easy gears at high cadence 100-110RPM with 3 min recoveries.</p> <p>10 mins easy</p> <p>2 x 5 min efforts at 90-100rpm easy gears with 5 min recovery. RPE 3-5.</p> <p>10 mins easy</p> <p>Repeat 3 x 1 min high cadence 100-110rpm as earlier.</p> <p>Warm down; 20 mins easy.</p>	<p>Some High Cadence Work 1hr 44m</p> <p>Warm up; 20 mins. easy zone 1-2 or RPE 1-3</p> <p>High Cadence; 3 X 1 Mins easy gears at high cadence 100-110RPM with 3 min recoveries.</p> <p>10 mins easy</p> <p>2 x 5 min efforts at 90-100rpm easy gears with 5 min recovery. RPE 3-5.</p> <p>10 mins easy</p> <p>Repeat 3 x 1 min high cadence 100-110rpm as earlier.</p> <p>Warm down; 20 mins easy.</p>	<p>Some High Cadence Work 1hr 44m</p> <p>Warm up; 20 mins. easy zone 1-2 or RPE 1-3</p> <p>High Cadence; 3 X 1 Mins easy gears at high cadence 100-110RPM with 3 min recoveries.</p> <p>10 mins easy</p> <p>2 x 5 min efforts at 90-100rpm easy gears with 5 min recovery. RPE 3-5.</p> <p>10 mins easy</p> <p>Repeat 3 x 1 min high cadence 100-110rpm as earlier.</p> <p>Warm down; 20 mins easy.</p>	<p>Some High Cadence Work 1hr 44m</p> <p>Warm up; 20 mins. easy zone 1-2 or RPE 1-3</p> <p>High Cadence; 3 X 1 Mins easy gears at high cadence 100-110RPM with 3 min recoveries.</p> <p>10 mins easy</p> <p>2 x 5 min efforts at 90-100rpm easy gears with 5 min recovery. RPE 3-5.</p> <p>10 mins easy</p> <p>Repeat 3 x 1 min high cadence 100-110rpm as earlier.</p> <p>Warm down; 20 mins easy.</p>
FRI	Recovery Day	Recovery Day	Recovery Day	Recovery Day
SAT	<p>Endurance;</p> <p>2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion, no efforts.</p>	<p>Endurance;</p> <p>2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion, no efforts.</p>	<p>Endurance;</p> <p>2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion, no efforts.</p>	<p>Endurance;</p> <p>2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion, no efforts.</p>
SUN	<p>Endurance;</p> <p>2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion, no efforts.</p>	<p>Endurance;</p> <p>2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion, no efforts.</p>	<p>Endurance;</p> <p>2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion, no efforts.</p>	<p>Endurance;</p> <p>2 Hours steady spin at zone 2 Heart rate or 3-4 perceived exertion, no efforts.</p>