

TOUR de BEARA TRAINING PROGRAMME

WEEKS 4 - 1

| | Aug 19 th -25 th | Aug 26 th -Sept 1 st | Sept 2 nd -8 th START OF TAPER | Sept 9 th -14 th EVENT WEEK TAPER |
|--------------|--|--|--|---|
| Mon | Recovery Day | Recovery Day | Recovery Day | Recovery Day |
| Tue | <p>Threshold work. Flat route. Warm up; 20-30 mins easy. Threshold; 2 x 15 mins med gear normal cadence at zone 4 or 7-8 RPE with 5 min recovery. Warm down; 20 mins easy</p> | <p>Threshold work. Flat route. Warm up; 20-30 mins easy. Threshold; 2 x 15 mins med gear normal cadence at zone 4 or 7-8 RPE with 5 min recovery. Warm down; 20 mins easy</p> | <p>Easy 1 ½ hours, no efforts</p> | <p>Some light Intensity. Flat road Warm up; 20 mins easy zone 1-2 RPE 1-2 Light Intensity; 3 X 5 mins Med Gear normal cadence 80-90rpm at zone 3-4 or RPE 5-6 with 5 min recoveries. Warm down; 20 mins easy</p> |
| Weds | Recovery Day | Recovery Day | Recovery Day | Recovery Day |
| Thurs | <p>Long hill repeats: Using a hill 10 mins long. Warm up; 20-30 mins. Long Hill Repeats; 3 x hill repeats at zone 4, or RPE 7-8 RPE, with 5 min recoveries in between. Warm down; 20 mins easy</p> | <p>Long hill repeats: Using a hill 10 mins long. Warm up; 20-30 mins. Long Hill Repeats; 3 x hill repeats at zone 4, or RPE 7-8 RPE, with 5 min recoveries in between. Warm down; 20 mins easy</p> | <p>Shorter Hill Repeats. Pick a hill about 5 mins long. Warm Up; Warm up well for 20-30 mins. Hill repeats x 3, ride the hill at zone 4 or rpe 7-8 for 5 mins. Recovery 5 mins easy between efforts. Warm down; 20 mins easy</p> | <p>Easy 1 ½ hours 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>TOUR DE BEARA!!</p> |
| Sun | <p>Last big Spin: Up to 7 Hours hilly steady spin at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p> | <p>5 Hours hilly 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> | <p>ENJOY GLENGARRIFF!!!!</p> |