



# TOUR de BEARA TRAINING PROGRAMME

## WEEKS 8 – 5



	July 22 <sup>nd</sup> -28 <sup>th</sup>	July 29 <sup>th</sup> -Aug 4 <sup>th</sup>	Aug 5 <sup>th</sup> -11 <sup>th</sup>	Aug 12 <sup>th</sup> -Aug 18 <sup>th</sup>
<b>Mon</b>	Recovery Day	Recovery Day	Recovery Day	Recovery Day
<b>Tue</b>	<p><b>Threshold work.</b> Flat route.  <b>Warm up;</b> 20-30 mins easy.  <b>Threshold;</b> 2 x 8 mins med gear normal cadence at zone 4 or 7-8 RPE with 5 min recovery.  <b>Warm down;</b> 20 mins easy</p>	<p><b>Threshold work.</b> Flat route.  <b>Warm up;</b> 20-30 mins easy.  <b>Threshold;</b> 2 x 10 mins med gear normal cadence at zone 4 or 7-8 RPE with 5 min recovery.  <b>Warm down;</b> 20 mins easy</p>	<p><b>Threshold work.</b> Flat route.  <b>Warm up;</b> 20-30 mins easy.  <b>Threshold;</b> 2 x 12 mins med gear normal cadence at zone 4 or 7-8 RPE with 5 min recovery.  <b>Warm down;</b> 20 mins easy</p>	<p><b>2 Hours steady spin</b> at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>
<b>Weds</b>	Recovery Day	Recovery Day	Recovery Day	Recovery Day
<b>Thurs</b>	<p><b>Hill Repeats.</b>            Pick a hill about 5 mins long.  <b>Warm up;</b> Warm up well for 20-30 mins.  <b>Hill repeats;</b> x 3, ride the hill at zone 4 or rpe 7-8 for 5 mins. Recovery 5 mins easy between efforts.  <b>Warm down;</b> 20 mins easy</p>	<p><b>Hill Repeats.</b>            Pick a hill about 5 mins long.  <b>Warm up;</b> Warm up well for 20-30 mins.  <b>Hill repeats;</b> x 4, ride the hill at zone 4 or rpe 7-8 for 5 mins. Recovery 5 mins easy between efforts.  <b>Warm down;</b> 20 mins easy</p>	<p><b>Hill Repeats.</b>            Pick a hill about 5 mins long.  <b>Warm up;</b> Warm up well for 20-30 mins.  <b>Hill repeats;</b> x 5, ride the hill at zone 4 or rpe 7-8 for 5 mins. Recovery 5 mins easy between efforts.  <b>Warm down;</b> 20 mins easy</p>	<p><b>2 Hours steady spin</b> at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>
<b>Fri</b>	Recovery Day	Recovery Day	Recovery Day	Recovery Day
<b>Sat</b>	<p><b>2 Hours steady spin</b> at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>	<p><b>2 Hours steady spin</b> at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>	<p><b>2 Hours steady spin</b> at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>	<p><b>2 Hours steady spin</b> at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>
<b>Sun</b>	<p><b>5 Hours hilly steady spin</b> at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>	<p><b>5 Hours hilly steady spin</b> at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>	<p><b>6 Hours hilly steady spin</b> at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>	<p><b>3 Hours steady spin</b> at zone 2 Heart rate or 3-4 perceived exertion no efforts.</p>