



TRAINING PLAN MALLORCA 167

Powered by AXES Training
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WEEK 12, FROM 07 TO 13 JANUARY

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--------------|--|--------------|---|--------------|--|----------------------------|
| DESCRIPTION | RECOVERY DAY | INTERVALS DAY | RECOVERY DAY | STRENGTH DAY | RECOVERY DAY | MOUNTAIN DAY | ENDURANCE DAY |
| DISTANCE | | | | | | | 100 Kms |
| TIME | | 2 Hours | | 2 Hours | | 2 Hours | |
| ZONE | | Zone 1 | | Zone 1 | | Zone 1 | Zone 1 |
| CADENCE | | 90-95 cadence | | 90-95 cadence | | 90-95 cadence | 90-95 cadence |
| SPECIFIC ACTIVITY | | Intervals 3X30 minutes in Zone 2. Recovery between intervals 5 minutes | | 4-8 x 2 minutes strength in zone 2-3, low cadence 50-60. Recovery between intervals 4 minutes | | Accumulate 40-50 minutes climb in Zone 2-3 | |
| ADDITIONAL COMMENTS | | | | | | | Drink and feed constantly. |
| TOTAL TRAINING HOURS: 10 HOURS. | | | | | | | |