



## TRAINING PLAN MALLORCA 312

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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							140 KM
TIME		2.5 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 4X30 minutes in Zone 2. 5 minutes recovery time between intervals.		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 eat regularly.
<b>TOTAL TRAINING HOURS: 12 HOURS.</b>							