



TRAINING PLAN MALLORCA 167

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w3.axestraining.com
info@axestraining.com

WEEK 27, FROM 22 TO 28 APRIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DESCRIPTION	RECOVERY DAY	INTERVALS DAY	RECOVERY DAY	INTERVALS DAY	RECOVERY DAY	312	
DISTANCE							
TIME		2 Hours		2 Hours			
ZONE		Zone 1		Zone 1			
CADENCE		90-95 cadence		90-95 cadence			
SPECIFIC ACTIVITY		1 h in Zone 2		3 x 1 minuts in zone 4. Recovery between intervals 5 minuts			
ADDITIONAL COMMENTS							
TOTAL TRAINING HOURS: 11 HOURS.							