



TRAINING PLAN MALLORCA 167

Powered by AXES Training
w3.axestraining.com
info@axestraining.com

WEEK 7, FROM 03 TO 09 DECEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DESCRIPTION	RECOVERY DAY	INTERVALS DAY	RECOVERY DAY	ENDURANCE DAY	RECOVERY DAY	MOUNTAIN DAY	ENDURANCE DAY
DISTANCE							80 Kms
TIME		1.5 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 3X20 minutes in Zone 2.				1 climb in Zone 2-3	
ADDITIONAL COMMENTS							Drink and feed constantly.
TOTAL TRAINING HOURS: 7.5 HOURS.							