



TRAINING PLAN MALLORCA 167

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WEEK 17, FROM 11 TO 17 FEBRUARY

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--------------|-------------------------|--------------|---|--------------|--|----------------------------|
| DESCRIPTION | RECOVERY DAY | INTERVALS DAY | RECOVERY DAY | STRENGTH DAY | RECOVERY DAY | MOUNTAIN DAY | ENDURANCE DAY |
| DISTANCE | | | | | | | 140 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 | | 1 h 15 minuts in Zone 2 | | 6 x 4 minuts strength in zone 2-3, low cadence 50-60. Recovery between intervals 4 minuts | | Accumulate 1 h 30 minuts climb in Zone 2-3 | |
| ADDITIONAL COMMENTS | | | | | | | Drink and feed constantly. |
| TOTAL TRAINING HOURS: 10 HOURS. | | | | | | | |