



TRAINING PLAN MALLORCA 312

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WEEK 8, FROM 10 TO 16 DECEMBER

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------------|--------------|--|--------------|---------------|--------------|---------------------------------|--------------------------|
| DESCRIPTION | RECOVERY DAY | INTERVALS DAY | RECOVERY DAY | ENDURANCE DAY | RECOVERY DAY | MOUNTAIN DAY | ENDURANCE DAY |
| DISTANCE | | | | | | | 100 KM |
| 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 4X25 minutes in Zone 2. 5 minutes recovery time between intervals. | | | | 1 clim 20-30 minuts in Zone 2-3 | |
| ADDITIONAL COMMENTS | | | | | | | Drink and eat regularly. |
| TOTAL TRAINING HOURS: 9 HOURS. | | | | | | | |