



TRAINING PLAN MALLORCA 225

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WEEK 6, FROM 26 TO NOVEMBER TO 02 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 eat regularly. |
| TOTAL TRAINING HOURS: 8.5 HOURS. | | | | | | | |