



TRAINING PLAN MALLORCA 312

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WEEK 21, FROM 11 TO 17 MARCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DESCRIPTION	RECOVERY DAY	INTERVALS DAY	RECOVERY DAY	INTERVALS DAY	RECOVERY DAY	MOUNTAIN DAY	ENDURANCE DAY
DISTANCE							150 KM
TIME		3 Hours		2 Hours		3 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		2 h 45 minuts in Zone 2		4x 5 minuts in zone 3-4. Recovery between intervals 5 minuts		Accumulate 2 h 30 minuts climb in Zone 2-3	
ADDITIONAL COMMENTS							Drink and eat regularly.
TOTAL TRAINING HOURS: 13 HOURS.							