



TRAINING PLAN MALLORCA 312

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w3.axestraining.com
info@axestraining.com

WEEK 19, FROM 25 FEBRUARY TO 03 MARCH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DESCRIPTION	RECOVERY DAY	INTERVALS DAY	RECOVERY DAY	STRENGTH DAY	RECOVERY DAY	MOUNTAIN DAY	ENDURANCE DAY
DISTANCE							180 KM
TIME		2.5 Hours		2 Hours		2.5 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 15 minuts in Zone 2		7 x 4 minuts strength in zone 2-3, low cadence 50-60. Recovery between intervals 4 minuts		Accumulate 2 h climb in Zone 2-3	
ADDITIONAL COMMENTS							Drink and eat regularly.
TOTAL TRAINING HOURS: 12 HOURS.							