



TRAINING PLAN MALLORCA 167

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WEEK 4, FROM 12 TO 18 NOVEMBER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DESCRIPTION	RECOVERY DAY	INTERVALS DAY	RECOVERY DAY	ENDURANCE DAY	RECOVERY DAY	HIGH CADENCE DAY	ENDURANCE DAY
DISTANCE							60 Kms
TIME		1.5 Hours		2 Hours		1.5 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		Intervals 2X15 minutes in Zone 2.				Intervals 10X1 minutes 100-110 cadence. Recovery time between intervals 3-5 minutes	
ADDITIONAL COMMENTS							Drink and feed constantly.
TOTAL TRAINING HOURS: 7.5 HOURS.							