



TRAINING PLAN MALLORCA 312

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w3.axestraining.com
info@axestraining.com

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							80 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 3X20 minutes in Zone 2. 5 minutes recovery time between intervals.				Intervals 10X1 minutes in zone 2 with 100-110 cadence. Recovery time between intervals 3-5 minutes.	
ADDITIONAL COMMENTS							Drink and eat regularly.
TOTAL TRAINING HOURS: 9 HOURS.							