

Kurt-Asle's training program

for recreational cyclists wanting to finish a century ride

DAY 1: 1 hour.

Recuperation – easy cycling at low intensity.

DAY 2: 2 hours, including warm up and cool down.

General weight training for the entire body.

DAY 3: Rest.

DAY 4: 2 hours, including warm up and cool down.

Bike intervals 4x4 minutes with 3 minutes active recovery after each interval.

Lactate threshold intensity*.

DAY 5: Rest.

DAY 6: 3 hours, including warm up and cool down.

Long distance cycling, plus 3x5 minutes heavy intervals with a cadence of 50 rpm.

DAY 7: 3-4 hours.

Long distance cycling. During winter time this workout could be used for an alternative activity, such as cross-country skiing or hiking in the mountains.

* Lactate threshold intensity means that you ride as intense as possible without accumulating any lactic acid. That is, you ride just below the lactate acid threshold. For elite riders the lactate threshold is usually somewhere between 85-90% of their maximum heart rate, and for recreational cyclists somewhere between 70-80%. The more you workout, the further up in the heart rate interval your lactate threshold will be pushed.