BCA | Gran Fondo – 14 wks. - INTERMEDIATE SENIORS - (7.5-10hrs/wk) + Free Consultation

Training Plan

Week 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 11	Day 71	72	73	74	75	76	77	Summary

Transformation Phase | Specificity - WEEK 11

Step-UP-Intervals
0:59:00
73 TSS
SESSION:
3 x (8 mins @ high Z3 + 3 mins @ low Z5 + 3 mins @ Z1).

Step-UP: These intervals imp...

Rest Day
Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...

Aerobic Threshold Ride
0:45:00
32 TSS
SESSION:
3 x 7 mins @ high Z2 w/ 2 mins @ Z1

Aerobic Threshold: Your AeT is generally conside...

S&C: Explosive
0:30:00
13 TSS
SESSION:
30-45 minutes

EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...

Threshold Under/Over
0:56:00
76 TSS
SESSION:
3 x (1 x 5 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 3 mins @ Z1)

Threshold: Your ...

S&C: Explosive
0:30:00
13 TSS
SESSION:
30-45 minutes

EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...

Training Video: Getting Enough Sleep
Sleep is a large part of an athlete's recovery process; therefore, it is important to not neglect...

Aerobic Endurance Ride
4:30:00
203 TSS
SESSION:
1 x 4:10 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...

Aerobic Endurance w/ Sub-Threshold Efforts Ride
1:50:00
106 TSS
SESSION:
1 x 25 mins @ Z2 + 2 x (15 mins @ high Z3 w/ 10 mins @ Z2) + 1 x 25 mins @ Z2

Aerobi...

Total Duration	10:00 **00:00**
Total Training Stress Score	515 **0**
Bike Duration	9:00 **00:00**
Strength Duration	1:00 **00:00**

Distance 0.00 km