BCA | Gran Fondo ~ 48 wks. - INTERMEDIATE - (6.5-10.5hrs/wk) + Free Consultation

Training Plan

Week 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 34	Day 232	233	234	235	236	237	238	SUMMARY
	Accumulation Phase | Volume - WEEK 34	**Threshold Ride** 0:52:30 65 TSS SESSION: 4 x 7 mins @ Z4 w/ 90 secs @ Z1 Threshold: Your threshold refers to the intensity at...	**Aerobic Threshold Ride** 1:08:00 53 TSS SESSION: 3 x 15 mins @ high Z2 w/ 90 secs @ Z1 Aerobic Threshold: Your AeT is generally consi...	**Tempo Ride** 1:00:00 66 TSS SESSION: 2 x 19 mins @ Low Z3 w/ 2 mins @ Z2 Tempo: At this intensity the body begins to rely...	**S&C: Strength** 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...	**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 Ride** 2:00:00 88 TSS SESSION: 1 x 1:40 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...	Total Duration 10:30 **00:00** Total Training Stress Score 500 **0** Bike Duration 9:30 **00:00** Strength Duration 1:00 **00:00** Distance 0.00 km
	Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...		**S&C: Strength** 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...					