BCA | Gran Fondo ~ 48 wks. - INTERMEDIATE MASTERS - (6-10hrs/wk) + Free Consultation

Training Plan

Week 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 35	Day 239	240	241	242	243	244	245	Summary

Accumulation Phase | Volume - WEEK 35

Sub-Threshold Ride
0:57:30
68 TSS
SESSION:
2 x 17:30 mins @ High Z3 w/ 2:30 mins @ Z1

Sub-Threshold: These intervals are simila...

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

Aerobic Threshold Ride
1:12:30
57 TSS
SESSION:
3 x 16:30 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally co...

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...

Maximal Aerobic Power Ride
0:53:00
73 TSS
SESSION:
5 x 5 mins @ low Z5 w/ 2 mins @ Z1

Maximal Aerobic Power: MAP intervals look to incr...

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...

Training Video: Supplementation for Athletes
Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...

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
1:45:00
76 TSS
SESSION:
1 x 1:25 hours @ Z2

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

Summary	
Total Duration	10:18 **00:00**
Total Training Stress Score	503 **0**
Bike Duration	9:18 **00:00**
Strength Duration	1:00 **00:00**

Distance 0.00 km