BCA | Gran Fondo ~ 40 wks. - ADVANCED MASTERS - (8.5 -13hrs/wk) + Free Consultation

Training Plan

Week 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	SUMMARY

Preparation Phase | Foundation - WEEK 2
AIMS of Preparation Phase
- Set base strength.
- Prevent peaking to early.
- Prepare the body ...

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

Training Video: The Preparation Phase
The Preparation Phase is the first phase of training you will go through, watch the below video t...

VO2max Ride
0:38:00
42 TSS
SESSION:
5 x 2 mins @ high Z5 w/ 2 mins @ Z1

VO2max: Your VO2max is your maximal (max) rate (...

Pre-Activity Comments
In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...

Aerobic Threshold Ride
0:56:00
42 TSS
SESSION:
3 x 11 mins @ Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally considered...

S&C: Maximal
0:40:00
17 TSS
SESSION:
30-45 minutes

EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...

Aerobic Threshold Ride
0:51:30
39 TSS
SESSION:
2 x 15 mins @ Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally considered...

Training Workout Videos
The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...

Maximal Aerobic Power Ride
0:39:45
48 TSS
SESSION:
5 x 2:45 mins @ low Z5 w/ 90 secs @ Z1

Maximal Aerobic Power: MAP intervals look to ...

S&C: Maximal
0:40:00
17 TSS
SESSION:
30-45 minutes

EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...

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...

Coaching Advice
During these Saturday endurance rides it would be a good idea to increase leg strength when on th...

Aerobic Endurance Ride
2:15:00
99 TSS
SESSION:
1 x 1:55 hours @ Z2

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

Total Duration	8:40 **00:00**
Total Training Stress Score	396 **0**
Bike Duration	7:20 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km