BCA | Gran Fondo ~ 8 wks. - INTERMEDIATE SENIORS - (8-10hrs/wk) + Free Consultation

# Training Plan

Week 1

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Summary |
|---|---|---|---|---|---|---|---|---|
| Week 5 | Day 29 | 30 | 31 | 32 | 33 | 34 | 35 | Summary |

**Transformation Phase | Specificity - WEEK 5**

**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,...

**Training Video: Supplementation for Athletes**
Supplementation is at the top of the nutrition pyramid meaning it is the least important, 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: Post Activation Potentiation**
Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly...

**Aerobic Endurance Ride**
**4:00:00**
**180 TSS**
SESSION:
1 x 3:40 hours @ Z2

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

**Aerobic Endurance w/ Sub-Threshold Efforts Ride**
**1:40:00**
**90 TSS**
SESSION:
1 x 25 mins @ Z2 + 2 x (10 mins @ high Z3 w/ 10 mins @ Z2) + 1 x 25 mins @ Z2

Aerobi...

| Summary | | |
|---|---|---|
| **Total Duration** | 9:20 | **00:00** |
| **Total Training Stress Score** | 476 | **0** |
| **Bike Duration** | 8:20 | **00:00** |
| **Strength Duration** | 1:00 | **00:00** |

Distance 0.00 km