BCA | Gran Fondo ~ 6 wks. - BEGINNER MASTERS - (6.5-8hrs/wk) + Free Consultation

Training Plan

Week 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 4	Day 22	23	24	25	26	27	28	Summary

Transformation Phase | Specificity - WEEK 4

AIMS of Transformation Phase
- Teach the body event demands.
- Exceed race demands.
- Maintai...

Rest Day

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

Step-UP-Intervals

0:49:00
58 TSS
SESSION:
3 x (5:30 mins @ high Z3 + 2:30 mins @ low Z5 + 2 mins @ Z1).

Step-UP: These interva...

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...

Rest Day

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

Training Video: The Transformation Phase

The penultimate phase of training is when you get the most event specific workouts. Find out how ...

Threshold Under/Over

0:47:30
63 TSS
SESSION:
3 x (1 x 2:30 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 2:30 mins @ Z1)

Threshold:...

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: Supplementation for Athletes

Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...

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 Ride

1:00:00
41 TSS
SESSION:
1 x 40 mins @ Z2

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

Training Video: Post Activation Potentiation

Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly...

Summary

Total Duration	7:37 **00:00**
Total Training Stress Score	367 **0**
Bike Duration	6:37 **00:00**
Strength Duration	1:00 **00:00**

Distance 0.00 km