BCA | Gran Fondo ~ 18 wks. - INTERMEDIATE - (7-10.5hrs/wk) + Free Consultation

Training Plan

Week 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 11	Day 71	72	73	74	75	76	77	Summary

Accumulation Phase | Volume - WEEK 11

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

Sub-Threshold Ride
0:56:00
67 TSS
SESSION:
2 x 17 mins @ High Z3 w/ 2 mins @ Z1

Sub-Threshold: These intervals are similar to '...

Aerobic Threshold Ride
1:00:30
46 TSS
SESSION:
2 x 9 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consid...

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...

VO2max Ride
0:44:45
66 TSS
SESSION:
5 x 3:45 mins @ high Z5 w/ 90 secs @ Z1

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

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

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	10:11 **00:00**
Total Training Stress Score	494 **0**
Bike Duration	9:11 **00:00**
Strength Duration	1:00 **00:00**

Distance 0.00 km