Week 1

Training plan

BCA | Gran Fondo ~ 36 wks. - ADVANCED - (9 -13.5h…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 26	Day 176	177	178	179	180	181	182	
	Accumulation Phase | Volume - WEEK 26	**Threshold Ride** **0:56:00** **72 TSS** SESSION: 3 x 11 mins @ Z4 w/ 90 secs @ Z1 Threshold: Your threshold refers to the intensity a...	**Aerobic Threshold Ride** **1:27:00** **70 TSS** SESSION: 4 x 16 mins @ Z2 w/ 1 min @ Z1 Aerobic Threshold: Your AeT is generally considered t...	**Tempo Ride** **1:00:00** **66 TSS** SESSION: 2 x 19 mins @ Low Z3 w/ 2 mins @ Z2 Tempo: At this intensity the body begins to rely...	**Aerobic Threshold Ride** **1:13:00** **58 TSS** SESSION: 3 x 17 mins @ Z2 w/ 1 min @ Z1 Aerobic Threshold: Your AeT is generally considered t...	**Aerobic Endurance Ride** **2:30:00** **111 TSS** SESSION: 1 x 2:10 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...	**Aerobic Endurance Ride** **5:00:00** **226 TSS** SESSION: 1 x 4:40 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...	**Total Duration** 13:06 **00:00** **Total Training Stress Score** 628 **0** **Bike Duration** 12:06 **00:00** **Strength Duration** 1:00 **00:00** Distance 0.00 km
	Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...	**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...		**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...			