Week 1

Training plan
BCA | Full Distance ~ 28 wks. - ADVANCED MASTER...

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

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

Maximal Aerobic Power Ride
0:44:45
59 TSS
SESSION:
5 x 3:45 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...

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...

Aerobic Endurance Run
0:30:00
38 TSS
SESSION:
1 x 30 mins @ Z2

Aerobic Endurance: Keep the effort level steady, with little to no ...

Aerobic Endurance Swim
0:50:00
2250 m
MAIN SET:
7 x 250m @ Z2 - FS w/ 15 secs @ rest

Aerobic Endurance: These swims are aerobic eff...

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

Aerobic Threshold Ride
0:50:00
37 TSS
SESSION:
3 x 9 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consid...

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...

Maximal Aerobic Pace Run
0:38:30
52 TSS
SESSION:
5 x 3:30 mins @ low Z5 w/ 90 secs @ Z1

Maximal Aerobic Pace: MAP is the roughly the ...

VO2max Swim
0:40:00
1800 m
MAIN SET:
13 x 100m @ Z5 - FS w/ 20 secs @ rest

VO2max: Workouts of this nature will increase...

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...

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

Aerobic Endurance Run
1:15:00
98 TSS
SESSION:
1 x 75 mins @ Z2

Aerobic Endurance: Keep the effort level steady, with little to no ...

Strength Endurance Swim
0:45:00
2000 m
MAIN SET:
6 x 250m @ Z2 - PU w/ 20 secs @ rest

Strength Endurance: The intensity of these wor...

Summary

Total Duration	10:03 **00:00**
Total Training Stress Score	428 **0**
Swim Duration	2:15 **00:00**
Swim Distance	6050 **0.00 m**
Bike Duration	4:05 **00:00**
Run Duration	2:23 **00:00**
Strength Duration	1:20 **00:00**