BCA | Gran Fondo ~ 12 wks. - BEGINNER MASTERS - (5.5-8hrs/wk) + Free Consultation

Training Plan

Week 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 10	Day 64	65	66	67	68	69	70	Summary

Transformation Phase | Specificity - WEEK 10
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
0:52:00
63 TSS
SESSION:
3 x (6:30 mins @ high Z3 + 2:30 mins @ low Z5 + 2:30 mins @ Z1).

Step-UP: These inte...

Training Video: The Transformation Phase
The penultimate phase of training is when you get the most event specific workouts. Find out how ...

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

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
0:49:00
65 TSS
SESSION:
3 x (1 x 3 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 2:30 mins @ Z1)

Threshold: Yo...

Training Video: Data Analysis
As you are now in the final 3 weeks of your programme you are eligible for data analysis. If you ...

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: Getting Enough Sleep
Sleep is a large part of an athlete's recovery process; therefore, it is important to not neglect...

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
1:15:00
71 TSS
SESSION:
1 x 15 mins @ Z2 + 2 x (10 mins @ high Z3 w/ 5 mins @ Z2) + 1 x 15 mins @ Z2

Aerobic...

Total Duration 7:56 **00:00**
Total Training Stress Score 404 **0**
Bike Duration 6:56 **00:00**
Strength Duration 1:00 **00:00**

Distance **0.00** km