Week 1

Training plan

BCA | Gran Fondo ~ 40 wks. - ELITE SENIORS - (9.5-…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 29	Day 197	198	199	200	201	202	203	Summary

Accumulation Phase | Volume - WEEK 26

Threshold Ride
1:00:00
78 TSS
SESSION:
3 x 12 mins @ Z4 w/ 2 mins @ Z1

Threshold: Your threshold refers to the intensity at...

Aerobic Threshold Ride
1:20:00
64 TSS
SESSION:
3 x 19 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consi...

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...

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...

Tempo Ride
1:09:00
77 TSS
SESSION:
2 x 23 mins @ Low Z3 w/ 3 mins @ Z2

Tempo: At this intensity the body begins to rely...

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...

Rest Day

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

Training Video: Supplementation for Athletes

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

Aerobic Endurance Ride
5:30:00
250 TSS
SESSION:
1 x 5:10 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...

Summary

Total Duration	13:59 **00:00**
Total Training Stress Score	668 **0**
Bike Duration	12:59 **00:00**
Strength Duration	1:00 **00:00**

Distance 0.00 km