BCA | Gran Fondo – 40 wks. - BEGINNER MASTERS - (4-8hrs/wk) + Free Consultation

Training Plan

Week 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 37	Day 253	254	255	256	257	258	259	Summary

Transformation Phase | Specificity - WEEK 37

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

Step-UP-Intervals
0:55:00
68 TSS
SESSION:
3 x (7 mins @ high Z3 + 3 mins @ low Z5 + 2:30 mins @ Z1).

Step-UP: These intervals ...

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...

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

Threshold Under/Over
0:53:30
73 TSS
SESSION:
3 x (1 x 4:30 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 2:30 mins @ Z1)

Threshold:...

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
1:25:00
86 TSS
SESSION:
1 x 15 mins @ Z2 + 2 x (15 mins @ high Z3 w/ 5 mins @ Z2) + 1 x 15 mins @ Z2

Aerobic...

Summary	
Total Duration	8:13 **00:00**
Total Training Stress Score	432 **0**
Bike Duration	7:14 **00:00**
Strength Duration	1:00 **00:00**

Distance 0.00 km