Week 1

Training plan

BCA | Gran Fondo ~ 8 wks. - ELITE MASTERS - (11-1…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 4	Day 22	23	24	25	26	27	28	Summary

Transformation Phase | Specificity - WEEK 4
AIMS of Transformation Phase
- Teach the body event demands.
- Exceed race demands.
- Maintai...

Step-UP-Intervals
1:04:00
81 TSS
SESSION:
3 x (10 mins @ high Z3 + 3 mins @ low Z5 + 2:30 mins @ Z1).

Step-UP: These intervals...

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

Aerobic Threshold Ride
0:59:00
45 TSS
SESSION:
3 x 12 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consi...

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...

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...

Threshold Under/Over
0:59:30
82 TSS
SESSION:
3 x (1 x 6:30 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...

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

Training Video: Halfway
Great job for getting halfway through the plan, keep up the good work. In case you want to revisi...

Aerobic Endurance Ride
5:15:00
238 TSS
SESSION:
1 x 4:55 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...

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
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	13:17 **00:00**
Total Training Stress Score	647 **0**
Bike Duration	12:18 **00:00**
Strength Duration	1:00 **00:00**

Distance 0.00 km