Week 1

Training plan

BCA | Gran Fondo ~ 32 wks. - ELITE SENIORS - (10-…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 22	Day 148	149	150	151	152	153	154	Summary

Accumulation Phase | Volume - WEEK 22

Sub-Threshold Ride
1:05:00
79 TSS
SESSION:
2 x 21 mins @ High Z3 w/ 3 mins @ Z1

Sub-Threshold: These intervals are similar to '...

Aerobic Threshold Ride
1:12:30
56 TSS
SESSION:
4 x 12 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...

VO2max Ride
0:51:15
75 TSS
SESSION:
5 x 4:15 mins @ high Z5 w/ 2:30 mins @ Z1

VO2max: Your VO2max is your maximal (max) ...

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,...

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...

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	13:24 **00:00**
Total Training Stress Score	648 **0**
Bike Duration	12:24 **00:00**
Strength Duration	1:00 **00:00**

Distance 0.00 km