BCA | Gran Fondo ~ 14 wks. - ADVANCED SENIORS - (9 -12hrs/wk) + Free Consultation

Training Plan

Week 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 8	Day 50	51	52	53	54	55	56	SUMMARY

Accumulation Phase | Volume - WEEK 8

Threshold Ride
0:57:00
73 TSS
SESSION:
3 x 11 mins @ Z4 w/ 2 mins @ Z1

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

Aerobic Endurance Ride
1:00:00
41 TSS
SESSION:
1 x 40 mins @ Z2

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

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 Threshold Ride
0:55:30
42 TSS
SESSION:
2 x 17 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consi...

Tempo Ride
1:05:50
73 TSS
SESSION:
2 x 21 mins @ Low Z3 w/ 2:30 mins @ Z2

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

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: Strength Training Guide
FAQs are covered in the below strength training video to help you understand how to complete your...

Aerobic Endurance Ride
4:45:00
215 TSS
SESSION:
1 x 4:25 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...

Total Duration	11:43 **00:00**
Total Training Stress Score	556 **0**
Bike Duration	10:43 **00:00**
Strength Duration	1:00 **00:00**

Distance 0.00 km