

Training plan							BCA   Full Distance ~ 12 wks. - ADVANCED MASTER...		<div><div></div><div></div><div></div></div>			
Week 1		< >										
Mon	Tues	Wed	Thurs	Fri	Sat	Sun	> Summary					
Week 2	Day 8	9	10	11	12	13						
<div><div></div><div><b>Accumulation Phase   Volume - WEEK 2</b></div><div>AIMS of Accumulation Phase<ul style="list-style-type: none"><li>- Build base endurance.</li><li>- Gain lots of zone 2 work.</li><li>- Prepare body ...</li></ul></div></div> <div><div></div><div><b>Tempo Swim</b></div><div>0:45:00 2000 m</div><div>MAIN SET: 5 x 300m @ Z3 - FS w/ 20 secs @ rest</div><div>Tempo: These efforts will be around your race ...</div><div></div></div> <div><div></div><div><b>S&amp;C: Strength</b></div><div>0:40:00 17 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div>	<div><div></div><div><b>Aerobic Endurance Run</b></div><div>2:00:00 159 TSS</div><div>SESSION: 1 x 2 hours @ Z2</div><div>Aerobic Endurance: Keep the effort level steady, with little to no ...</div></div> <div><div></div><div><b>Training Video: The Accumulation Phase</b></div><div>The Accumulation phase will often be the longest phase during your training plan. As a result BCA...</div></div>	<div><div></div><div><b>Rest Day</b></div><div>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div></div> <div><div></div><div><b>Pre-Activity Comments</b></div><div>In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</div></div>	<div><div></div><div><b>Sub-Threshold Ride</b></div><div>1:01:00 73 TSS</div><div>SESSION: 2 x 19 mins @ High Z3 w/ 3 mins @ Z1</div><div>Sub-Threshold: These intervals are similar to ' ...</div><div></div></div> <div><div></div><div><b>S&amp;C: Strength</b></div><div>0:40:00 17 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div> <div><div></div><div><b>Training Video: Post Workout Fuelling</b></div><div>To help you recover after training workouts 90 minutes or longer (or high intensity 60 minute wor...</div></div>	<div><div></div><div><b>Tempo Run</b></div><div>0:49:00 66 TSS</div><div>SESSION: 3 x 11 mins @ Z3 w/ 2 mins @ Z1</div><div>Tempo: Running at this intensity works on developing...</div><div></div></div> <div><div></div><div><b>Aerobic Endurance Swim</b></div><div>1:10:00 3250 m</div><div>MAIN SET: 11 x 250m @ Z2 - FS w/ 15 secs @ rest</div><div>Aerobic Endurance: These swims are aerobic ef...</div><div></div></div>	<div><div></div><div><b>Aerobic Endurance Ride</b></div><div>4:15:00 192 TSS</div><div>SESSION: 1 x 3:55 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div> <div><div></div><div><b>Training Workout Videos</b></div><div>The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</div></div> <div><div></div><div><b>Training Video: Training in Zone 2</b></div><div>A lot of the training plan is based around working in zone 2. The linked video provides you with ...</div></div>	<div><div></div><div><b>Aerobic Endurance Ride</b></div><div>2:00:00 90 TSS</div><div>SESSION: 1 x 1:50 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div> <div><div></div><div><b>Brick Run: Off the Bike</b></div><div>0:38:00 46 TSS</div><div>SESSION: 10 mins @ high Z2 w/ 20 mins @ low Z2</div><div>Brick Run: This run should be completed straig...</div><div></div></div>	<div><div>Total Duration</div><div>13:58 00:00</div></div> <div><div>Total Training Stress Score</div><div>660 0</div></div> <div><div>Swim Duration</div><div>1:55 00:00</div></div> <div><div>Swim Distance</div><div>5250 0.00 m</div></div> <div><div>Bike Duration</div><div>7:16 00:00</div></div> <div><div>Run Duration</div><div>3:27 00:00</div></div> <div><div>Strength Duration</div><div>1:20 00:00</div></div>					