BCA | Gran Fondo – 8 wks. - BEGINNER - (6.5-8hrs/wk) + Free Consultation

Training Plan

Week 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 6	Day 36	37	38	39	40	41	42	Summary

Transformation Phase | Specificity - WEEK 6

Rest Day

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

Step-UP-Intervals

0:53:30
66 TSS
SESSION:
3 x (6:30 mins @ high Z3 + 3 mins @ low Z5 + 2:30 mins @ Z1).

Step-UP: These interva...

Training Video: The Transformation Phase

The penultimate phase of training is when you get the most event specific workouts. Find out how ...

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: Data Analysis

As you are now in the final 3 weeks of your programme you are eligible for data analysis. If you ...

Threshold Under/Over

0:52:00
70 TSS
SESSION:
3 x (1 x 4 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 2:30 mins @ Z1)

Threshold: Yo...

Rest Day

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

Training Video: Supplementation for Athletes

Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...

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

1:15:00
71 TSS
SESSION:
1 x 15 mins @ Z2 + 2 x (10 mins @ high Z3 w/ 5 mins @ Z2) + 1 x 15 mins @ Z2

Aerobic...

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...

Total Duration	8:00 **00:00**
Total Training Stress Score	412 **0**
Bike Duration	7:00 **00:00**
Strength Duration	1:00 **00:00**

Distance 0.00 km