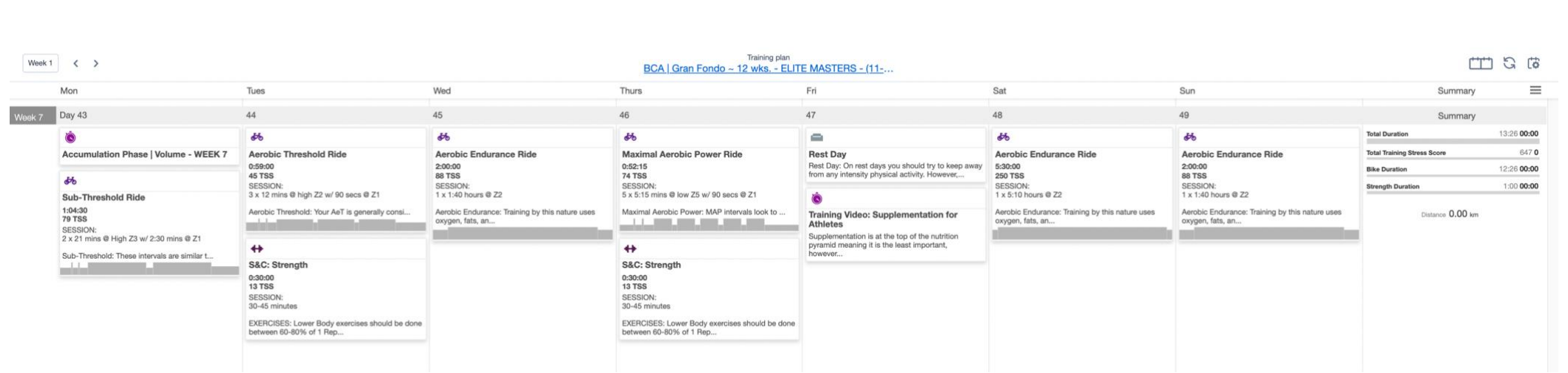
Week 1
Training plan
BCA | Gran Fondo ~ 12 wks. - ELITE MASTERS - (11-...
Mon
Tues
Wed
Thurs
Fri
Sat
Sun
Summary
Week 7
Day 43
Accumulation Phase | Volume - WEEK 7
Sub-Threshold Ride
1:04:30
79 TSS
SESSION:
2 x 21 mins @ High Z3 w/ 2:30 mins @ Z1
Sub-Threshold: These intervals are similar t...
44
Aerobic 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: Strength
0:30:00
13 TSS
SESSION:
30-45 minutes
EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...
45
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...
46
Maximal Aerobic Power Ride
0:52:15
74 TSS
SESSION:
5 x 5:15 mins @ low Z5 w/ 90 secs @ Z1
Maximal Aerobic Power: MAP intervals look to ...
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...
47
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...
48
Aerobic Endurance Ride
5:30:00
250 TSS
SESSION:
1 x 5:10 hours @ Z2
Aerobic Endurance: Training by this nature uses oxygen, fats, an...
49
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 13:26 00:00
Total Training Stress Score 647 0
Bike Duration 12:26 00:00
Strength Duration 1:00 00:00
Distance 0.00 km