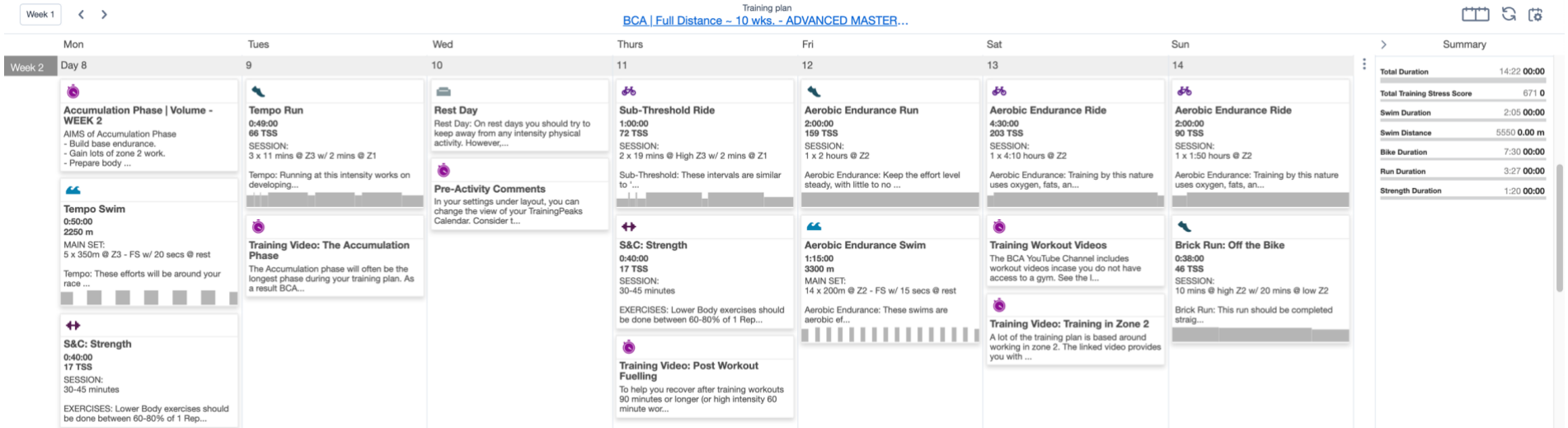
Week 1
Training plan
BCA | Full Distance ~ 10 wks. - ADVANCED MASTER...
Mon
Tues
Wed
Thurs
Fri
Sat
Sun
Summary
Week 2
Day 8
9
10
11
12
13
14
Accumulation Phase | Volume - WEEK 2
AIMS of Accumulation Phase
- Build base endurance.
- Gain lots of zone 2 work.
- Prepare body ...
Tempo Swim
0:50:00
2250 m
MAIN SET:
5 x 350m @ Z3 - FS w/ 20 secs @ rest
Tempo: These efforts will be around your race ...
S&C: Strength
0:40:00
17 TSS
SESSION:
30-45 minutes
EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...
Tempo Run
0:49:00
66 TSS
SESSION:
3 x 11 mins @ Z3 w/ 2 mins @ Z1
Tempo: Running at this intensity works on developing...
Training Video: The Accumulation Phase
The Accumulation phase will often be the longest phase during your training plan. As a result BCA...
Rest Day
Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...
Pre-Activity Comments
In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...
Sub-Threshold Ride
1:00:00
72 TSS
SESSION:
2 x 19 mins @ High Z3 w/ 2 mins @ Z1
Sub-Threshold: These intervals are similar to '...
S&C: Strength
0:40:00
17 TSS
SESSION:
30-45 minutes
EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...
Training Video: Post Workout Fuelling
To help you recover after training workouts 90 minutes or longer (or high intensity 60 minute wor...
Aerobic Endurance Run
2:00:00
159 TSS
SESSION:
1 x 2 hours @ Z2
Aerobic Endurance: Keep the effort level steady, with little to no ...
Aerobic Endurance Swim
1:15:00
3300 m
MAIN SET:
14 x 200m @ Z2 - FS w/ 15 secs @ rest
Aerobic Endurance: These swims are aerobic ef...
Aerobic Endurance Ride
4:30:00
203 TSS
SESSION:
1 x 4:10 hours @ Z2
Aerobic Endurance: Training by this nature uses oxygen, fats, an...
Training Workout Videos
The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...
Training Video: Training in Zone 2
A lot of the training plan is based around working in zone 2. The linked video provides you with ...
Aerobic Endurance Ride
2:00:00
90 TSS
SESSION:
1 x 1:50 hours @ Z2
Aerobic Endurance: Training by this nature uses oxygen, fats, an...
Brick Run: Off the Bike
0:38:00
46 TSS
SESSION:
10 mins @ high Z2 w/ 20 mins @ low Z2
Brick Run: This run should be completed straig...
Total Duration 14:22 00:00
Total Training Stress Score 671 0
Swim Duration 2:05 00:00
Swim Distance 5550 0.00 m
Bike Duration 7:30 00:00
Run Duration 3:27 00:00
Strength Duration 1:20 00:00