

Week 1

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Training plan

BCA | Full Distance ~ 20 wks. - ADVANCED - (10.5-1...

Week 15

Day 99

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

100

101

102

103

104

105

Accumulation Phase | Volume - WEEK 15

Tempo Swim

1:05:00

2950 m

MAIN SET:

7 x 350m @ Z3 - FS w/ 15 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...

Sub-Threshold Ride

1:07:00

83 TSS

SESSION:

2 x 22:30 mins @ High Z3 w/ 2 mins @ Z1

Sub-Threshold: These intervals are similar t...

Aerobic Endurance Swim

0:40:00

1700 m

MAIN SET:

8 x 150m @ Z2 - FS w/ 15 secs @ rest

Aerobic Endurance: These swims are aerobic eff...

Aerobic Endurance Run

2:30:00

200 TSS

SESSION:

1 x 2:30 hours @ Z2

Aerobic Endurance: Keep the effort level steady, with little to ...

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...

Tempo Run

0:58:00

80 TSS

SESSION:

3 x 14 mins @ Z3 w/ 2 mins @ Z1

Tempo: Running at this intensity works on developing...

Aerobic Endurance Swim

1:30:00

4000 m

MAIN SET:

14 x 250m @ Z2 - FS w/ 15 secs @ rest

Aerobic Endurance: These swims are aerobic ef...

Aerobic Endurance Ride

5:00:00

226 TSS

SESSION:

1 x 4:40 hours @ Z2

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

Aerobic Endurance Ride

2:30:00

113 TSS

SESSION:

1 x 2:20 hours @ Z2

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

Brick Run: Off the Bike

0:43:00

53 TSS

SESSION:

10 mins @ high Z2 w/ 25 mins @ low Z2

Brick Run: This run should be completed straig...

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Summary

Total Duration

17:23 00:00

Total Training Stress Score

789 0

Swim Duration

3:15 00:00

Swim Distance

8650 0.00 m

Bike Duration

8:37 00:00

Run Duration

4:11 00:00

Strength Duration

1:20 00:00