BCA | Gran Fondo ~ 14 wks. - BEGINNER MASTERS - (5.5-8hrs/wk) + Free Consultation

Training Plan

Week 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 11	Day 71	72	73	74	75	76	77	Summary

Transformation Phase | Specificity - WEEK 11

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...

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...

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

Threshold Under/Over
0:50:30
68 TSS
SESSION:
3 x (1 x 3:30 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 2:30 mins @ Z1)

Threshold:...

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: Getting Enough Sleep
Sleep is a large part of an athlete's recovery process; therefore, it is important to not neglect...

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
1:19:00
77 TSS
SESSION:
1 x 15 mins @ Z2 + 2 x (13 mins @ high Z3 w/ 5 mins @ Z2) + 1 x 15 mins @ Z2

Aerobic...

Summary	
Total Duration	8:03 **00:00**
Total Training Stress Score	416 **0**
Bike Duration	7:03 **00:00**
Strength Duration	1:00 **00:00**

Distance **0.00** km