BCA | Gran Fondo ~ 12 wks. - INTERMEDIATE MASTERS - (8-10hrs/wk) + Free Consultation

Training Plan

Week 1

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 10	Day 64	65	66	67	68	69	70	Summary

Transformation Phase | Specificity - WEEK 10

Step-UP-Intervals
0:58:00
72 TSS
SESSION:
3 x (8 mins @ high Z3 + 3 mins @ low Z5 + 2:30 mins @ Z1).

Step-UP: These intervals ...

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

Aerobic Threshold Ride
0:47:00
34 TSS
SESSION:
3 x 8 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consid...

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...

Threshold Under/Over
0:54:00
74 TSS
SESSION:
3 x (1 x 5 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 2 mins @ Z1)

Threshold: Your ...

Training Video: Data Analysis
As you are now in the final 3 weeks of your programme you are eligible for data analysis. If you ...

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...

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...

Aerobic Endurance w/ Sub-Threshold Efforts Ride
1:54:00
105 TSS
SESSION:
1 x 30 mins @ Z2 + 2 x (12 mins @ high Z3 w/ 10 mins @ Z2) + 1 x 30 mins @ Z2

Aerobi...

Summary	
Total Duration	10:03 **00:00**
Total Training Stress Score	514 **0**
Bike Duration	9:03 **00:00**
Strength Duration	1:00 **00:00**

Distance 0.00 km