

Week 1		<div><</div> <div>></div>		Training plan							BCA Gran Fondo ~ 16 wks. - ADVANCED - (10 -13h...		<div><div></div><div></div><div></div></div>				
Mon		Tues		Wed		Thurs		Fri		Sat		Sun		<div>></div> Summary			
Week 11		Day 71		72		73		74		75		76		77		<div>⋮</div>	
<div><div><div></div></div><div>Accumulation Phase Volume - WEEK 11</div></div>		<div><div><div></div></div><div>Sub-Threshold Ride</div><div>1:02:00</div><div>75 TSS</div><div>SESSION: 2 x 20 mins @ High Z3 w/ 2 mins @ Z1</div><div>Sub-Threshold: These intervals are similar to '...</div><div><div></div></div></div>		<div><div><div></div></div><div>Aerobic Threshold Ride</div><div>1:19:00</div><div>63 TSS</div><div>SESSION: 4 x 19 mins @ Z2 w/ 1 mins @ Z1</div><div>Aerobic Threshold: Your AeT is generally considered ...</div><div><div></div></div></div>		<div><div><div></div></div><div>Maximal Aerobic Power Ride</div><div>0:49:00</div><div>70 TSS</div><div>SESSION: 5 x 5 mins @ low Z5 w/ 1 mins @ Z1</div><div>Maximal Aerobic Power: MAP intervals look to incr...</div><div><div></div></div></div>		<div><div><div></div></div><div>Aerobic Threshold Ride</div><div>1:07:00</div><div>52 TSS</div><div>SESSION: 4 x 11 mins @ Z2 w/ 1 mins @ Z1</div><div>Aerobic Threshold: Your AeT is generally considered ...</div><div><div></div></div></div>		<div><div><div></div></div><div>Aerobic Endurance Ride</div><div>2:30:00</div><div>111 TSS</div><div>SESSION: 1 x 2:10 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div><div><div></div></div></div>		<div><div><div></div></div><div>Aerobic Endurance Ride</div><div>5:00:00</div><div>226 TSS</div><div>SESSION: 1 x 4:40 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div><div><div></div></div></div>		<div><div>Total Duration</div><div>12:47 00:00</div></div> <div><div>Total Training Stress Score</div><div>623 0</div></div> <div><div>Bike Duration</div><div>11:47 00:00</div></div> <div><div>Strength Duration</div><div>1:00 00:00</div></div> <div><div>Distance</div><div>0.00 km</div></div>			
<div><div><div></div></div><div>Rest Day</div><div>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div></div>		<div><div><div></div></div><div>S&C: Strength</div><div>0:30:00</div><div>13 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div>		<div><div><div></div></div><div>Training Video: Post Activation Potentiation</div><div>Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly...</div></div>		<div><div><div></div></div><div>S&C: Strength</div><div>0:30:00</div><div>13 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div>											