
























Week 1		< >		Training plan							BCA Gran Fondo ~ 40 wks. - ADVANCED - (8.5 -13,...		  		
Mon		Tues		Wed		Thurs		Fri		Sat		Sun		> Summary	
Week 2		Day 8		9		10		11		12		13		14	
<div></div> <div>Preparation Phase Foundation - WEEK 2</div> <div>AIMS of Preparation Phase</div> <div>- Set base strength.</div> <div>- Prevent peaking to early.</div> <div>- Prepare the body ...</div>		<div></div> <div>VO2max Ride</div> <div>0:37:15</div> <div>48 TSS</div> <div>SESSION:</div> <div>5 x 2:15 mins @ high Z5 w/ 90 secs @ Z1</div> <div>VO2max: Your VO2max is your maximal (max) ra...</div> <div></div>		<div></div> <div>Aerobic Threshold Ride</div> <div>0:52:00</div> <div>39 TSS</div> <div>SESSION:</div> <div>3 x 10 mins @ Z2 w/ 1 min @ Z1</div> <div>Aerobic Threshold: Your AeT is generally considered t...</div> <div></div>		<div></div> <div>Maximal Aerobic Power Ride</div> <div>0:37:45</div> <div>47 TSS</div> <div>SESSION:</div> <div>5 x 2:45 mins @ low Z5 w/ 1 mins @ Z1</div> <div>Maximal Aerobic Power: MAP intervals look to i...</div> <div></div>		<div></div> <div>Aerobic Threshold Ride</div> <div>0:51:00</div> <div>39 TSS</div> <div>SESSION:</div> <div>2 x 15 mins @ Z2 w/ 1 min @ Z1</div> <div>Aerobic Threshold: Your AeT is generally considered t...</div> <div></div>		<div></div> <div>Aerobic Endurance Ride</div> <div>2:00:00</div> <div>88 TSS</div> <div>SESSION:</div> <div>1 x 1:40 hours @ Z2</div> <div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div> <div></div>		<div></div> <div>Aerobic Endurance Ride</div> <div>2:30:00</div> <div>111 TSS</div> <div>SESSION:</div> <div>1 x 2:10 hours @ Z2</div> <div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div> <div></div>		<div><div>Total Duration8:48 00:00</div><div>Total Training Stress Score404 0</div><div>Bike Duration7:28 00:00</div><div>Strength Duration1:20 00:00</div><div>Distance0.00 km</div></div>	
<div></div> <div>Training Video: The Preparation Phase</div> <div>The Preparation Phase is the first phase of training you will go through, watch the below video t...</div>		<div></div> <div>Pre-Activity Comments</div> <div>In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</div>		<div></div> <div>S&C: Maximal</div> <div>0:40:00</div> <div>17 TSS</div> <div>SESSION:</div> <div>30-45 minutes</div> <div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div>		<div></div> <div>Training Workout Videos</div> <div>The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</div>		<div></div> <div>S&C: Maximal</div> <div>0:40:00</div> <div>17 TSS</div> <div>SESSION:</div> <div>30-45 minutes</div> <div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div>		<div></div> <div>Coaching Advice</div> <div>During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</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>															