







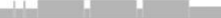



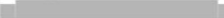
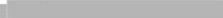




Week 1																		Training plan		BCA Gran Fondo ~ 40 wks. - ADVANCED - (8.5 -13...									
Mon		Tues		Wed		Thurs		Fri		Sat		Sun		>		Summary													
Week 29		Day 197		198		199		200		201		202		203															
 Accumulation Phase Volume - WEEK 29		 Threshold Ride 0:57:30 75 TSS SESSION: 3 x 11:30 mins @ Z4 w/ 90 secs @ Z1		 Aerobic Threshold Ride 1:28:00 71 TSS SESSION: 3 x 22 mins @ Z2 w/ 1 min @ Z1		 Tempo Ride 1:06:00 73 TSS SESSION: 3 x 14 mins @ Low Z3 w/ 2 mins @ Z2		 Aerobic Threshold Ride 1:16:00 61 TSS SESSION: 3 x 18 mins @ Z2 w/ 1 min @ Z1		 Aerobic Endurance Ride 2:30:00 111 TSS SESSION: 1 x 2:10 hours @ Z2		 Aerobic Endurance Ride 5:00:00 226 TSS SESSION: 1 x 4:40 hours @ Z2																	
 Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...		Threshold: Your threshold refers to the intensit... 		Aerobic Threshold: Your AeT is generally considered t... 		Tempo: At this intensity the body begins to rely... 		Aerobic Threshold: Your AeT is generally considered t... 		Aerobic Endurance: Training by this nature uses oxygen, fats, an... 		Aerobic Endurance: Training by this nature uses oxygen, fats, an... 																	
				 S&C: Strength 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...				 S&C: Strength 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...																					