

Week 1



Training plan

[BCA | Gran Fondo - 18 wks. - ELITE MASTERS - \(10-...](#)


Mon

Tue

Wed

Thurs

Fri

Sat

Sun

Summary



Week 13

Day 85

86

87

88

89

90

91

Summary



Accumulation Phase | Volume - WEEK 13



Sub-Threshold Ride

1:05:30

80 TSS

SESSION:

2 x 21:30 mins @ High Z3 w/ 2:30 mins @ Z1

Sub-Threshold: These intervals are simila...



Aerobic Threshold Ride

0:59:00

45 TSS

SESSION:

3 x 12 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consi...



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...



Aerobic Endurance Ride

2:00:00

88 TSS

SESSION:

1 x 1:40 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...



Maximal Aerobic Power Ride

0:51:00

72 TSS

SESSION:

5 x 5 mins @ low Z5 w/ 90 secs @ Z1

Maximal Aerobic Power: MAP intervals look to inc...



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...



Rest Day

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



Training Video: Supplementation for Athletes

Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...



Aerobic Endurance Ride

5:30:00

250 TSS

SESSION:

1 x 5:10 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...



Aerobic Endurance Ride

2:15:00

99 TSS

SESSION:

1 x 1:5 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, and...

Total Duration 13:41 00:00

Total Training Stress Score 658 0

Bike Duration 12:41 00:00

Strength Duration 1:00 00:00

Distance 0.00 km