

Week 1



Training plan

BCA | Gran Fondo ~ 14 wks. - ADVANCED - (10 -13h...



Mon

Tues

Wed

Thurs

Fri

Sat

Sun



Summary

Week 9

Day 57

58

59

60

61

62

63

**Accumulation Phase | Volume - WEEK 9****Rest Day**

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

**Threshold Ride**

0:53:00

67 TSS

SESSION:

3 x 10 mins @ Z4 w/ 90 secs @ Z1

Threshold: Your threshold refers to the intensity a...

**Aerobic Threshold Ride**

1:22:00

66 TSS

SESSION:

3 x 20 mins @ Z2 w/ 1 mins @ Z1

Aerobic Threshold: Your AeT is generally considered ...

**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...

**Tempo Ride**

1:06:00

73 TSS

SESSION:

3 x 14 mins @ Low Z3 w/ 2 mins @ Z2

Tempo: At this intensity the body begins to rely...

**Training Video: Strength Training Guide**

FAQs are covered in the below strength training video to help you understand how to complete your...

**Aerobic Threshold Ride**

1:10:00

55 TSS

SESSION:

3 x 16 mins @ Z2 w/ 1 mins @ Z1

Aerobic Threshold: Your AeT is generally considered ...

**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**

2:15:00

99 TSS

SESSION:

1 x 1:55 hours @ Z2

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

**Aerobic Endurance Ride**

5:00:00

226 TSS

SESSION:

1 x 3:55 hours @ Z2

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



Total Duration	12:46 00:00
Total Training Stress Score	611 0
Bike Duration	11:46 00:00
Strength Duration	1:00 00:00

Distance 0.00 km