

Mon		Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2		9	10	11	12	13	14	Summary
<div></div> <div>Preparation Phase Foundation - WEEK 2</div> <div>AIMS of Preparation Phase</div> <ul style="list-style-type: none">- Set base strength.- Prevent peaking to early.- Prepare the body ...		<div></div> <div>VO2max Ride</div> <div>0:40:30</div> <div>53 TSS</div> <div>SESSION:</div> <div>5 x 2:30 mins @ high Z5 w/ 2 mins @ Z1</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></div>	<div></div> <div>Aerobic Threshold Ride</div> <div>0:53:00</div> <div>40 TSS</div> <div>SESSION:</div> <div>3 x 10 mins @ high Z2 w/ 90 secs @ Z1</div> <div></div>	<div></div> <div>Maximal Aerobic Power Ride</div> <div>0:42:15</div> <div>53 TSS</div> <div>SESSION:</div> <div>5 x 3:15 mins @ low Z5 w/ 90 secs @ Z1</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></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></div>	<div>Total Duration</div> <div>9:46 00:00</div> <div>Total Training Stress Score</div> <div>457 0</div> <div>Bike Duration</div> <div>8:46 00:00</div> <div>Strength Duration</div> <div>1:00 00:00</div> <div>Distance</div> <div>0.00 km</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>VO2max: Your VO2max is your maximal (max) rat...</div> <div></div>	<div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div> <div></div>	<div>Aerobic Threshold: Your AeT is generally consi...</div> <div></div>	<div>Maximal Aerobic Power: MAP intervals look to ...</div> <div></div>	<div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div> <div></div>	<div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div> <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>0:30:00</div> <div>13 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>0:30:00</div> <div>13 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>	