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Week 2	Day 8	9	10	11	12	13	14	Summary	
<div><div></div><div>Accumulation Phase   Volume - WEEK 2</div><div>AIMS of Accumulation Phase</div><div>- Build base endurance.</div><div>- Gain lots of zone 2 work.</div><div>- Prepare body ...</div></div>		<div><div></div><div>Maximal Aerobic Power Ride</div><div>0:38:30</div><div>45 TSS</div><div>SESSION:</div><div>5 x 2:30 mins @ low Z5 w/ 90 secs @ Z1</div><div>Maximal Aerobic Power: MAP intervals look to ...</div><div></div></div>	<div><div></div><div>S&amp;C: Strength</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 60-80% of 1 Rep...</div></div>	<div><div></div><div>Sub-Threshold Ride</div><div>0:48:00</div><div>55 TSS</div><div>SESSION:</div><div>2 x 13 mins @ High Z3 w/ 2 mins @ Z1</div><div>Sub-Threshold: These intervals are similar to ' ...</div><div></div></div>	<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></div><div>Aerobic Endurance Ride</div><div>3:30:00</div><div>157 TSS</div><div>SESSION:</div><div>1 x 3:10 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div><div></div></div>	<div><div></div><div>Aerobic Endurance Ride</div><div>1:00:00</div><div>41 TSS</div><div>SESSION:</div><div>1 x 40 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div>	<div><div>Total Duration6:5600:00</div><div>Total Training Stress Score3230</div><div>Bike Duration5:5600:00</div><div>Strength Duration1:0000:00</div><div>Distance0.00 km</div></div>	
<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></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></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></div><div>Training Video: Training in Zone 2</div><div>A lot of the training plan is based around working in zone 2. The linked video provides you with ...</div></div>	<div><div></div><div>S&amp;C: Strength</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 60-80% of 1 Rep...</div></div>		