

Training Plan



Week 1



Mon		Tues		Wed		Thurs		Fri		Sat		Sun		Summary	
Week 2		Day 8		9		10		11		12		13		14	
<div></div> <div>Preparation Phase Foundation - WEEK 2 AIMS of Preparation Phase - Set base strength. - Prevent peaking to early. - Prepare the body ...</div>		<div></div> <div>Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div>		<div></div> <div>Aerobic Threshold Ride 0:48:00 35 TSS SESSION: 3 x 8 mins @ high Z2 w/ 2 mins @ Z1 Aerobic Threshold: Your AeT is generally conside...</div>		<div></div> <div>Maximal Aerobic Power Ride 0:46:45 60 TSS SESSION: 5 x 3:45 mins @ low Z5 w/ 2 mins @ Z1 Maximal Aerobic Power: MAP intervals look to i...</div>		<div></div> <div>S&C: Maximal 0:40:00 17 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div>		<div></div> <div>Aerobic Endurance Ride 2:30:00 111 TSS SESSION: 1 x 2:10 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div>		<div></div> <div>Aerobic Endurance Ride 1:30:00 64 TSS SESSION: 1 x 1:40 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div>		<div>Total Duration 7:36 00:00</div> <div>Total Training Stress Score 354 0</div> <div>Bike Duration 6:16 00:00</div> <div>Strength Duration 1:20 00:00</div> <div>Distance 0.00 km</div>	
<div></div> <div>VO2max Ride 0:41:15 51 TSS SESSION: 5 x 2:15 mins @ high Z5 w/ 2:30 mins @ Z1 VO2max: Your VO2max is your maximal (max) ...</div>		<div></div> <div>Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</div>		<div></div> <div>S&C: Maximal 0:40:00 17 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div>		<div></div> <div>Training Workout Videos The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</div>						<div></div> <div>Coaching Advice During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</div>			