

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	SUMMARY
	<div><div><div><div></div><div>Preparation Phase   Foundation - WEEK 2</div><div>AIMS of Preparation Phase</div><div><div>- Set base strength.</div><div>- Prevent peaking to early.</div><div>- Prepare the body ...</div></div></div></div></div>	<div><div><div><div></div><div>VO2max Ride</div><div>0:42:30</div><div>54 TSS</div><div>SESSION:</div><div>5 x 2:30 mins @ high Z5 w/ 2:30 mins @ Z1</div></div><div><div>VO2max: Your VO2max is your maximal (max) ...</div><div><div></div></div></div></div></div>	<div><div><div><div></div><div>Aerobic Threshold Ride</div><div>0:49:30</div><div>37 TSS</div><div>SESSION:</div><div>2 x 14 mins @ high Z2 w/ 90 secs @ Z1</div></div><div><div>Aerobic Threshold: Your AeT is generally consi...</div><div><div></div></div></div></div></div>	<div><div><div><div></div><div>Aerobic Threshold Ride</div><div>0:56:30</div><div>42 TSS</div><div>SESSION:</div><div>4 x 8 mins @ high Z2 w/ 90 secs @ Z1</div></div><div><div>Aerobic Threshold: Your AeT is generally consid...</div><div><div></div></div></div></div></div>	<div><div><div><div></div><div>Maximal Aerobic Power Ride</div><div>0:44:15</div><div>55 TSS</div><div>SESSION:</div><div>5 x 3:15 mins @ low Z5 w/ 2 mins @ Z1</div></div><div><div>Maximal Aerobic Power: MAP intervals look to i...</div><div><div></div></div></div></div></div>	<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>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div><div><div></div></div></div></div></div>	<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>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div><div><div></div></div></div></div></div>	<div><div><div><div><div>Total Duration</div><div>9:03 00:00</div></div><div><div>Total Training Stress Score</div><div>420 0</div></div><div><div>Bike Duration</div><div>7:43 00:00</div></div><div><div>Strength Duration</div><div>1:20 00:00</div></div></div><div><div><div>Distance</div><div>0.00 km</div></div></div></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><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><div><div></div><div>S&amp;C: Maximal</div><div>0:40:00</div><div>17 TSS</div><div>SESSION:</div><div>30-45 minutes</div></div><div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div></div></div>	<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><div><div></div><div>S&amp;C: Maximal</div><div>0:40:00</div><div>17 TSS</div><div>SESSION:</div><div>30-45 minutes</div></div><div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div></div></div>		<div><div><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></div></div></div>	