

Mon		Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 26	Day 176	177	178	179	180	181	182	Summary
<div><div><div><div><div><div></div></div><div>Accumulation Phase Volume - WEEK 26</div></div></div><div><div><div></div></div><div>Threshold Ride</div><div>1:00:00 78 TSS SESSION: 3 x 12 mins @ Z4 w/ 2 mins @ Z1</div><div>Threshold: Your threshold refers to the intensity at...</div></div></div></div>		<div><div><div><div><div><div></div></div><div>Aerobic Threshold Ride</div></div></div><div><div><div></div></div><div>1:20:00 64 TSS SESSION: 3 x 19 mins @ high Z2 w/ 90 secs @ Z1</div><div>Aerobic Threshold: Your AeT is generally consi...</div></div></div><div><div><div><div><div><div></div></div><div>S&C: Strength</div></div></div><div><div><div></div></div><div>0:30:00 13 TSS SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div></div></div></div>	<div><div><div><div><div><div></div></div><div>Aerobic Endurance Ride</div></div></div><div><div><div></div></div><div>2:00:00 88 TSS SESSION: 1 x 1:40 hours @ Z2</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>Tempo Ride</div></div></div><div><div><div></div></div><div>1:11:00 80 TSS SESSION: 2 x 24 mins @ Low Z3 w/ 3 mins @ Z2</div><div>Tempo: At this intensity the body begins to rely...</div></div></div><div><div><div><div><div><div></div></div><div>S&C: Strength</div></div></div><div><div><div></div></div><div>0:30:00 13 TSS SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div></div></div></div>	<div><div><div><div><div><div></div></div><div>Rest Day</div></div></div><div><div><div></div></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></div><div>Training Video: Supplementation for Athletes</div></div></div><div><div><div></div></div><div>Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...</div></div></div></div></div>	<div><div><div><div><div><div></div></div><div>Aerobic Endurance Ride</div></div></div><div><div><div></div></div><div>5:30:00 250 TSS SESSION: 1 x 5:10 hours @ Z2</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>Aerobic Endurance Ride</div></div></div><div><div><div></div></div><div>2:00:00 88 TSS SESSION: 1 x 1:40 hours @ Z2</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></div><div><div><div></div></div><div>14:01 00:00</div></div></div><div><div><div><div><div><div></div></div><div>Total Training Stress Score</div></div></div><div><div><div></div></div><div>671 0</div></div></div><div><div><div><div><div><div></div></div><div>Bike Duration</div></div></div><div><div><div></div></div><div>13:01 00:00</div></div></div><div><div><div><div><div><div></div></div><div>Strength Duration</div></div></div><div><div><div></div></div><div>1:00 00:00</div></div></div><div><div><div><div><div><div></div></div><div>Distance</div></div></div><div><div><div></div></div><div>0.00 km</div></div></div></div></div></div></div></div>