

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	Summary
	<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>Training Video: The Preparation Phase The Preparation Phase is the first phase of training you will go through, watch the below video t...</div>	<div></div> <div>VO2max Ride 0:40:00 48 TSS SESSION: 5 x 2 mins @ high Z5 w/ 2 mins @ Z1 VO2max: Your VO2max is your maximal (max) rate (-... </div> <div></div> <div>S&C: Maximal 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</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>Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</div>	<div></div> <div>Maximal Aerobic Power Ride 0:41:45 49 TSS SESSION: 5 x 2:45 mins @ low Z5 w/ 2 mins @ Z1 Maximal Aerobic Power: MAP intervals look to i... </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>S&C: Maximal 0:30:00 13 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 2:15:00 99 TSS SESSION: 1 x 1:55 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div> <div></div>	<div></div> <div>Aerobic Threshold Ride 0:47:00 34 TSS SESSION: 3 x 8 mins @ high Z2 w/ 90 secs @ Z1 Aerobic Threshold: Your AeT is generally consid...</div> <div></div> <div></div> <div>Coaching Advice During these Sunday endurance rides it would be a good idea to increase leg strength when on the ...</div>	<div>Total Duration5:24 00:00</div> <div>Total Training Stress Score255 0</div> <div>Bike Duration4:24 00:00</div> <div>Strength Duration1:00 00:00</div> <div>Distance0.00 km</div>