

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	Summary
	<div><div></div><div>Accumulation Phase Volume - WEEK 2 AIMS of Accumulation Phase - Build base endurance. - Gain lots of zone 2 work. - Prepare body ...</div></div>	<div><div></div><div>Aerobic Threshold Ride 0:53:00 40 TSS SESSION: 3 x 10 mins @ high Z2 w/ 90 secs @ Z1 Aerobic Threshold: Your AeT is generally consi... </div></div>	<div><div></div><div>Aerobic Endurance Ride 2:00:00 88 TSS SESSION: 1 x 1:40 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an... </div></div>	<div><div></div><div>Sub-Threshold Ride 1:03:00 76 TSS SESSION: 2 x 20 mins @ High Z3 w/ 3 mins @ Z1 Sub-Threshold: These intervals are similar to '... </div></div>	<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></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></div><div>Aerobic Endurance Ride 4:15:00 192 TSS SESSION: 1 x 3:55 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an... </div></div>	<div><div></div><div>Aerobic Endurance Ride 2:00:00 88 TSS SESSION: 1 x 1:40 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an... </div></div> <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></div>	<div><div>Total Duration11:5800:00</div><div>Total Training Stress Score5740</div><div>Bike Duration10:5800:00</div><div>Strength Duration1:0000:00</div><div>Distance0.00 km</div></div>