













Training Plan

Mon		Tues	Wed	Thurs	Fri	Sat	Sun	Summary	☰
Week 2 Day 8		9	10	11	12	13	14	Summary	
<div><div><b>Preparation Phase   Foundation - WEEK 2</b><p>AIMS of Preparation Phase</p><ul style="list-style-type: none"><li>- Set base strength.</li><li>- Prevent peaking to early.</li><li>- Prepare the body ...</li></ul></div></div>		<div><div><b>Rest Day</b><p>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p></div></div>	<div><div><b>Aerobic Threshold Ride</b><p>0:51:00 37 TSS</p><p>SESSION: 3 x 9 mins @ high Z2 w/ 2 mins @ Z1</p><p>Aerobic Threshold: Your AeT is generally conside...</p></div></div>	<div><div><b>Maximal Aerobic Power Ride</b><p>0:46:45 60 TSS</p><p>SESSION: 5 x 3:45 mins @ low Z5 w/ 2 mins @ Z1</p><p>Maximal Aerobic Power: MAP intervals look to i...</p></div></div>	<div><div><b>S&amp;C: Maximal</b><p>0:40:00 17 TSS</p><p>SESSION: 30-45 minutes</p><p>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</p></div></div>	<div><div><b>Aerobic Endurance Ride</b><p>2:30:00 111 TSS</p><p>SESSION: 1 x 2:10 hours @ Z2</p><p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p></div></div>	<div><div><b>Aerobic Endurance Ride</b><p>1:30:00 64 TSS</p><p>SESSION: 1 x 1:10 hours @ Z2</p><p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p></div></div> <div><div><div><b>Coaching Advice</b><p>During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</p></div></div></div>	<div><div><div>Total Duration7:4100:00</div><div>Total Training Stress Score3630</div><div>Bike Duration6:2200:00</div><div>Strength Duration1:2000:00</div></div><div><div>Distance0.00 km</div></div></div>	