Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary	=
Day 8	9	10	11	12	13	14	Summary	
6	_	å56	<i>8</i> %	<b>+</b>	ø\$	<i>\$</i> 6	Total Duration	7:41 00:00
	Rest Day	Aerobic Threshold Ride	Maximal Aerobic Power Ride	S&C: Maximal	Aerobic Endurance Ride	Aerobic Endurance Ride	Total Training Stress Score	363 <b>0</b>
- Set base strength Prevent peaking to early Prepare the body	Rest Day: On rest days you should try to keep away from any intensity physical activity. However,	0:51:00 37 TSS	0:46:45 60 TSS	0:40:00 17 TSS	2:30:00 111 TSS	1:30:00 64 TSS	Bike Duration	6:22 <b>00:00</b>
	ò	SESSION: 3 x 9 mins @ high Z2 w/ 2 mins @ Z1	SESSION: 5 x 3:45 mins @ low Z5 w/ 2 mins @ Z1	SESSION: 30-45 minutes	SESSION: 1 x 2:10 hours @ Z2	SESSION: 1 x 1:10 hours @ Z2	Strength Duration	1:20 00:00
	Pre-Activity Comments	Aerobic Threshold: Your AeT is generally conside	Maximal Aerobic Power: MAP intervals look to i	EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep	Aerobic Endurance: Training by this nature uses oxygen, fats, an	Aerobic Endurance: Training by this nature uses oxygen, fats, an	Distance 0.00 km	
VO2max Ride 0x43x45 57 TSS SESSION: 5 x 2:45 mins @ high Z5 w/ 2:30 mins @ Z1 VO2max: Your VO2max is your maximal (max)	In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t			Detween 00-0070 or Freph	onygun, nasa, anta	Oxygen, rate, art		
		<b>+</b>	<b>©</b>			à		
		S&C: Maximal 0:40:00 17 TSS SESSION: 30-45 minutes	Training Workout Videos The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the I			Coaching Advice During these Saturday endurance rides it would be a good idea to increase leg strength when on th		
6		EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep						
Training Video: The Preparation Phase The Preparation Phase is the first phase of training								