

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 16	Day 106	107	108	109	110	111	112
<div><div><div><div></div><div>Accumulation Phase   Volume - WEEK 16</div></div><div><div></div><div>Threshold Ride</div><div>0:54:00</div><div>68 TSS</div><div>SESSION: 3 x 10 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>Aerobic Endurance Ride</div><div>1:20:00</div><div>57 TSS</div><div>SESSION: 1 x 60 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div><div><div></div><div>S&amp;C: Strength</div><div>0:30:00</div><div>13 TSS</div><div>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>Aerobic Threshold Ride</div><div>0:56:30</div><div>42 TSS</div><div>SESSION: 4 x 8 mins @ Z2 w/ 90 secs @ Z1</div><div>Aerobic Threshold: Your AeT is generally considered ...</div></div></div></div>	<div><div><div><div></div><div>Tempo Ride</div><div>1:04:00</div><div>71 TSS</div><div>SESSION: 2 x 21 mins @ Low Z3 w/ 2 mins @ Z2</div><div>Tempo: At this intensity the body begins to rely...</div></div><div><div></div><div>S&amp;C: Strength</div><div>0:30:00</div><div>13 TSS</div><div>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>Rest Day</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>Aerobic Endurance Ride</div><div>5:00:00</div><div>226 TSS</div><div>SESSION: 1 x 4:40 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div></div></div>	<div><div><div><div></div><div>Aerobic Endurance Ride</div><div>2:00:00</div><div>88 TSS</div><div>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>SUMMARY</div></div><div><div>Total Duration</div><div>12:15 00:00</div></div><div><div>Total Training Stress Score</div><div>577 0</div></div><div><div>Bike Duration</div><div>11:15 00:00</div></div><div><div>Strength Duration</div><div>1:00 00:00</div></div><div><div>Distance</div><div>0.00 km</div></div></div></div>