

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	SUMMARY
	<div><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></div><div>VO2max Ride 0:43:00 59 TSS SESSION: 5 x 3 mins @ high Z5 w/ 2 mins @ Z1</div></div>	<div><div></div><div>Aerobic Threshold Ride 0:57:30 44 TSS SESSION: 2 x 18 mins @ Z2 w/ 90 secs @ Z1</div></div>	<div><div></div><div>Aerobic Threshold Ride 0:56:30 42 TSS SESSION: 4 x 8 mins @ Z2 w/ 90 secs @ Z1</div></div>	<div><div></div><div>Maximal Aerobic Power Ride 0:48:30 67 TSS SESSION: 5 x 4:30 mins @ low Z5 w/ 90 secs @ Z1</div></div>	<div><div></div><div>Aerobic Endurance Ride 4:00:00 180 TSS SESSION: 1 x 3:40 hours @ Z2</div></div>	<div><div></div><div>Aerobic Endurance Ride 2:00:00 88 TSS SESSION: 1 x 1:40 hours @ Z2</div></div>	<div><div>Total Duration</div><div>10:45 00:00</div></div> <div><div>Total Training Stress Score</div><div>512 0</div></div> <div><div>Bike Duration</div><div>9:25 00:00</div></div> <div><div>Strength Duration</div><div>1:20 00:00</div></div> <div><div>Distance</div><div>0.00 km</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>VO2max: Your VO2max is your maximal (max) rate (... </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></div><div>S&C: Maximal 0:40:00 17 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</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>S&C: Maximal 0:40:00 17 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div>	<div><div></div><div>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>	