

	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>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>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>Aerobic Threshold Ride 0:48:00 35 TSS SESSION: 3 x 8 mins @ high Z2 w/ 2 mins @ Z1 Aerobic Threshold: Your AeT is generally conside... </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>Maximal Aerobic Power Ride 0:41:45 49 TSS SESSION: 5 x 2:45 mins @ low Z5 w/ 2 mins @ Z1 Maximal Aerobic Power: MAP intervals look to i... </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 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>Aerobic Endurance Ride 1:30:00 64 TSS SESSION: 1 x 1:10 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 Duration7:0000:00</div><div>Total Training Stress Score3170</div><div>Bike Duration5:4000:00</div><div>Strength Duration1:2000:00</div><div>Distance0.00 km</div></div>