Tues	Wed	Thurs	Fri	Sat	Sun	Summary	=
9	10	11	12	13	14	Summary	
_	<i>8</i> %	**	++	86	46	Total Duration	7:00 00:00
Rest Day Rest Day: On rest days you should try to keep away	Aerobic Threshold Ride	Maximal Aerobic Power Ride	S&C: Maximal	Aerobic Endurance Ride	Aerobic Endurance Ride	Total Training Stress Score	317 <b>0</b> 5:40 <b>00:00</b>
from any intensity physical activity. However,	35 TSS	49 TSS	17 TSS	88 TSS	64 TSS		1:20 00:00
6	3 x 8 mins @ high Z2 w/ 2 mins @ Z1	5 x 2:45 mins @ low Z5 w/ 2 mins @ Z1	30-45 minutes	1 x 1:40 hours @ Z2	1 x 1:10 hours @ Z2	overgat ouration	1.20 00.00
Pre-Activity Comments		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	Aerobic Endurance: Training by this nature uses	Distance 0.00 km	
In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t			Daniel De College	onygen, may are:	onygon, ma, and		
	+	<b>6</b>			*		
	S&C: Maximal	Training Workout Videos			Coaching Advice		
	17 TSS	The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the			During these Saturday endurance rides it would be		
	SESSION: 30-45 minutes	L			a good idea to increase leg strength when on th		
	EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep.						
	-						
	Rest Day Rest Day Rest Day: On rest days you should try to keep away from any interally physical activity. However  Pre-Activity Comments In your settings under layout, you can change the	9  Rest Day Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However  The Pre-Activity Comments In your settings under tayout, you can change the view of your TrainingPeaks Calendar. Consider t  **Bac: Maximal Code Code The Session: 30-45 minutes	Pre-Activity Comments In your "strainingPeaks Calendar. Consider t  **Bac: Maximal O-4800	9 10 11 12  Rest Day Rest Day Rest Day On rest days you should by to keep away from any internally physical activity. However, SESSION: 3 x 8 mins @ high Z2 w/ 2 mins @ Z1 3 x 8 consider t  ***  ***  ***  ***  **  **  **  **	9 10 11 12 13 13 14 15 15 15 15 15 15 15 15 15 15 15 15 15	9 10 11 12 12 13 14 14 14 15 16 16 16 16 16 16 16 16 16 16 16 16 16	9 10 11 12 12 13 14 Summary  ### Aerobic Threshold Ride Outside Session: Session: 3 4 Aerobic Endurance Ride 1,30,00 8 178 8 1858/ON: 3 4 mins @ high 22 w/ 2 mins @ Z1 Aerobic Threshold: Your Aer is generally conside.  ### Aerobic Power: MAP intervals look to i  ### Aerobic Power: MAP intervals look to i  ### Sec: Maximal Outside Outside Session: 3 4 mins @ high 22 w/ 2 mins @ Z1 Aerobic Threshold: Your Aer is generally conside.  ### Aerobic Power: MAP intervals look to i  ### Sec: Maximal Outside Outside Session: 3 4 mins @ high 22 w/ 2 mins @ Z1 Aerobic Threshold: Your Aer is generally conside.  ### Aerobic Power: MAP intervals look to i  ### Sec: Maximal Outside Outside Session: 3 4 mins @ high 22 w/ 2 mins @ Z1 1 x 1:0 hours @ Z2 2