

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
<p>Day 8</p> <p>Preparation Phase Foundation - WEEK 2 AIMS of Preparation Phase - Set base strength. - Prevent peaking to early. - Prepare the body ...</p> <p>Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p> <p>Training Video: The Preparation Phase The Preparation Phase is the first phase of training you will go through, watch the below video t...</p>	<p>VO2max Ride 0:36:45 43 TSS SESSION: 5 x 1:45 mins @ high Z5 w/ 2 mins @ Z1</p> <p>VO2max: Your VO2max is your maximal (max) rat...</p> <p>Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</p>	<p>S&C: Maximal 0:30:00 13 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</p>	<p>Maximal Aerobic Power Ride 0:39:45 48 TSS SESSION: 5 x 2:45 mins @ low Z5 w/ 90 secs @ Z1</p> <p>Maximal Aerobic Power: MAP intervals look to ...</p> <p>Training Workout Videos The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</p>	<p>Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p>	<p>Aerobic Endurance Ride 2:00:00 88 TSS SESSION: 1 x 1:40 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p> <p>Coaching Advice During these Sunday endurance rides it would be a good idea to increase leg strength when on the ...</p>	<p>Aerobic Endurance Ride 1:00:00 41 TSS SESSION: 1 x 40 mins @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</p> <p>S&C: Maximal 0:30:00 13 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</p>	<p>Summary</p> <p>Total Duration 5:17 00:00</p> <p>Total Training Stress Score 245 0</p> <p>Bike Duration 4:17 00:00</p> <p>Strength Duration 1:00 00:00</p> <p>Distance 0.00 km</p>
<p>Week 2</p> <p>Day 8</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>Summary</p>