

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

Summary



Week 2

Day 8

9

10

11

12

13

14

Summary

Accumulation Phase | Volume - WEEK 2
 AIMS of Accumulation Phase
 - Build base endurance.
 - Gain lots of zone 2 work.
 - Prepare body ...

Rest Day
 Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...

Training Video: The Accumulation Phase
 The Accumulation phase will often be the longest phase during your training plan. As a result BCA...

Maximal Aerobic Power Ride
 0:46:30
 65 TSS
 SESSION:
 5 x 4:30 mins @ low Z5 w/ 1 mins @ Z1

Maximal Aerobic Power: MAP intervals look to l...

S&C: Strength
 0:30:00
 13 TSS
 SESSION:
 30-45 minutes

EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...

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...

Pre-Activity Comments
 In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...

Sub-Threshold Ride
 1:04:00
 78 TSS
 SESSION:
 2 x 21 mins @ High Z3 w/ 2 mins @ Z1

Sub-Threshold: These intervals are similar to '...

Training Workout Videos
 The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...

Aerobic Threshold Ride
 0:59:00
 45 TSS
 SESSION:
 3 x 12 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consi...

S&C: Strength
 0:30:00
 13 TSS
 SESSION:
 30-45 minutes

EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...

Aerobic Endurance Ride
 4:30:00
 203 TSS
 SESSION:
 1 x 4:10 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...

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...

Coaching Advice
 During these Saturday endurance rides it would be a good idea to increase leg strength when on th...

| | |
|------------------------------------|-------------|
| Total Duration | 12:19 00:00 |
| Total Training Stress Score | 592 0 |
| Bike Duration | 11:19 00:00 |
| Strength Duration | 1:00 00:00 |

Distance 0.00 km