





















	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	> Summary
Week 2	Day 8	9	10	11	12	13	14	
	<div>Preparation Phase Foundation - WEEK 2<p>AIMS of Preparation Phase</p><ul style="list-style-type: none">- Set base strength.- Prevent peaking to early.- Prepare the body ...</div> <div>Rest Day<p>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p></div> <div>Training Video: The Preparation Phase<p>The Preparation Phase is the first phase of training you will go through, watch the below video t...</p></div>	<div>VO2max Ride<p>0:41:00 57 TSS</p><p>SESSION: 5 x 3 mins @ high Z5 w/ 90 secs @ Z1</p><p>VO2max: Your VO2max is your maximal (max) rate ...</p></div> <div>Pre-Activity Comments<p>In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</p></div>	<div>Aerobic Threshold Ride<p>1:03:00 48 TSS</p><p>SESSION: 4 x 10 mins @ Z2 w/ 1 mins @ Z1</p><p>Aerobic Threshold: Your AeT is generally considered ...</p></div> <div>S&C: Maximal<p>0:40:00 17 TSS</p><p>SESSION: 30-45 minutes</p><p>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</p></div>	<div>Maximal Aerobic Power Ride<p>0:44:00 60 TSS</p><p>SESSION: 5 x 4 mins @ low Z5 w/ 1 mins @ Z1</p><p>Maximal Aerobic Power: MAP intervals look to incr...</p></div> <div>Training Workout Videos<p>The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</p></div>	<div>Aerobic Threshold Ride<p>1:01:00 47 TSS</p><p>SESSION: 3 x 13 mins @ Z2 w/ 1 mins @ Z1</p><p>Aerobic Threshold: Your AeT is generally considered ...</p></div> <div>S&C: Maximal<p>0:40:00 17 TSS</p><p>SESSION: 30-45 minutes</p><p>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</p></div>	<div>Aerobic Endurance Ride<p>2:00:00 88 TSS</p><p>SESSION: 1 x 1:40 hours @ Z2</p><p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p></div> <div>Coaching Advice<p>During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</p></div>	<div>Aerobic Endurance Ride<p>3:30:00 157 TSS</p><p>SESSION: 1 x 3:10 hours @ Z2</p><p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p></div>	<div>Total Duration 10:19 00:00</div> <div>Total Training Stress Score 490 0</div> <div>Bike Duration 8:59 00:00</div> <div>Strength Duration 1:20 00:00</div> <div>Distance 0.00 km</div>