

Mon		Tues		Wed		Thurs		Fri		Sat		Sun		Summary	
Week 5		Day 29		30		31		32		33		34		35	
<div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Accumulation Phase Volume - WEEK 5</div></div></div> <div><div><div><div><div></div></div></div><div><div></div></div></div><div>Threshold Ride</div><div>1:00:00 78 TSS</div><div>SESSION: 3 x 12 mins @ Z4 w/ 2 mins @ Z1</div><div>Threshold: Your threshold refers to the intensity at...</div></div>		<div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Aerobic Threshold Ride</div><div>0:53:00 40 TSS</div><div>SESSION: 3 x 10 mins @ high Z2 w/ 90 secs @ Z1</div><div>Aerobic Threshold: Your AeT is generally consi...</div></div></div> <div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>S&C: Strength</div><div>0:30:00 13 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div></div>		<div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Aerobic Endurance Ride</div><div>2:00:00 88 TSS</div><div>SESSION: 1 x 1:40 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div></div> <div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Training Video: Halfway</div><div>Great job for getting halfway through the plan, keep up the good work. In case you want to revisi...</div></div></div>		<div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Tempo Ride</div><div>1:05:00 72 TSS</div><div>SESSION: 2 x 20 mins @ Low Z3 w/ 3 mins @ Z2</div><div>Tempo: At this intensity the body begins to rely...</div></div></div> <div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>S&C: Strength</div><div>0:30:00 13 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div></div>		<div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Rest Day</div><div>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div></div></div> <div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Training Video: Post Activation Potentiation</div><div>Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly...</div></div></div>		<div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Aerobic Endurance Ride</div><div>4:45:00 215 TSS</div><div>SESSION: 1 x 4:25 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div></div>		<div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Aerobic Endurance Ride</div><div>2:00:00 88 TSS</div><div>SESSION: 1 x 1:40 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div></div>		<div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Total Duration</div><div>12:43 00:00</div></div><div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Total Training Stress Score</div><div>604 0</div></div><div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Bike Duration</div><div>11:43 00:00</div></div><div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Strength Duration</div><div>1:00 00:00</div></div><div><div><div><div><div><div></div></div></div><div><div></div></div></div><div>Distance</div><div>0.00 km</div></div></div></div></div></div></div>	