	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary ☰
Week 2	**Day 8**	**9**	**10**	**11**	**12**	**13**	**14**	**SUMMARY**

Mon — Day 8

⏱ **Preparation Phase | Foundation - WEEK 2**
AIMS of Preparation Phase
- Set base strength.
- Prevent peaking to early.
- Prepare the body ...

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

⏱ **Training Video: The Preparation Phase**
The Preparation Phase is the first phase of training you will go through, watch the below video t...

Tues — 9

🚴 **VO2max Ride**
0:43:30
59 TSS
SESSION:
5 x 3 mins @ high Z5 w/ 2 mins @ Z1

VO2max: Your VO2max is your maximal (max) rate (...

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

Wed — 10

🚴 **Aerobic Threshold Ride**
1:03:30
49 TSS
SESSION:
3 x 13:30 mins @ Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally conside...

↔ **S&C: Maximal**
0:40:00
17 TSS
SESSION:
30-45 minutes

EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...

Thurs — 11

🚴 **Aerobic Threshold Ride**
0:58:30
44 TSS
SESSION:
4 x 8:30 mins @ Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consider...

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

Fri — 12

🚴 **Maximal Aerobic Power Ride**
0:43:30
56 TSS
SESSION:
5 x 3:30 mins @ low Z5 w/ 90 secs @ Z1

Maximal Aerobic Power: MAP intervals look to ...

↔ **S&C: Maximal**
0:40:00
17 TSS
SESSION:
30-45 minutes

EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...

Sat — 13

🚴 **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...

Sun — 14

🚴 **Aerobic Endurance Ride**
3:15:00
145 TSS
SESSION:
1 x 2:55 hours @ Z2

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

SUMMARY

Total Duration	10:04 00:00
Total Training Stress Score	474 0
Bike Duration	8:43 00:00
Strength Duration	1:20 00:00

Distance 0.00 km