

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	Summary
	<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 0:40:00 48 TSS SESSION: 5 x 2 mins @ high Z5 w/ 2:30 mins @ Z1</p> <p>VO2max: Your VO2max is your maximal (max) rat... </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> Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p> <p> Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</p>	<p> Maximal Aerobic Power Ride 0:43:00 52 TSS SESSION: 5 x 3 mins @ low Z5 w/ 2 mins @ Z1</p> <p>Maximal Aerobic Power: MAP intervals look to incr... </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> 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> Aerobic Endurance Ride 3:15:00 145 TSS SESSION: 1 x 2:55 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</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> Coaching Advice During these Sunday endurance rides it would be a good idea to increase leg strength when on the ...</p>	<p>Total Duration 6:38 00:00</p> <p>Total Training Stress Score 312 0</p> <p>Bike Duration 5:38 00:00</p> <p>Strength Duration 1:00 00:00</p> <p>Distance 0.00 km</p>