







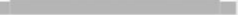

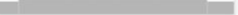








| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Summary |
|--------|--|---|---|---|---|--|---|---|
| Week 2 | Day 8 | 9 | 10 | 11 | 12 | 13 | 14 | Summary |
| | <div><div></div><div><div>Preparation Phase Foundation - WEEK 2</div><div>AIMS of Preparation Phase<ul style="list-style-type: none">- Set base strength.- Prevent peaking to early.- Prepare the body ...</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>Aerobic Threshold Ride</div><div>0:48:00 35 TSS SESSION: 3 x 8 mins @ high Z2 w/ 2 mins @ Z1</div><div>Aerobic Threshold: Your AeT is generally conside...</div><div></div></div></div> | <div><div></div><div><div>Maximal Aerobic Power Ride</div><div>0:46:45 60 TSS SESSION: 5 x 3:45 mins @ low Z5 w/ 2 mins @ Z1</div><div>Maximal Aerobic Power: MAP intervals look to l...</div><div></div></div></div> | <div><div></div><div><div>S&C: Maximal</div><div>0:40:00 17 TSS SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div></div> | <div><div></div><div><div>Aerobic Endurance Ride</div><div>2:30:00 111 TSS SESSION: 1 x 2:10 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div><div></div></div></div> | <div><div></div><div><div>Aerobic Endurance Ride</div><div>1:30:00 64 TSS SESSION: 1 x 1:10 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div><div></div></div></div> | <div><div><div>Total Duration7:3900:00</div><div>Total Training Stress Score3600</div><div>Bike Duration6:1900:00</div><div>Strength Duration1:2000:00</div></div><div><div>Distance0.00 km</div></div></div> |
| | <div><div></div><div><div>VO2max Ride</div><div>0:43:45 57 TSS SESSION: 5 x 2:45 mins @ high Z5 w/ 2:30 mins @ Z1</div><div>VO2max: Your VO2max is your maximal (max) ...</div><div></div></div></div> | <div><div></div><div><div>Pre-Activity Comments</div><div>In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</div></div></div> | <div><div></div><div><div>S&C: Maximal</div><div>0:40:00 17 TSS SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div></div> | <div><div></div><div><div>Training Workout Videos</div><div>The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</div></div></div> | | | <div><div></div><div><div>Coaching Advice</div><div>During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</div></div></div> | |