















Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2 Day 8	9	10	11	12	13	14	SUMMARY
<p> Transformation Phase Specificity - WEEK 2 AIMS of Transformation Phase - Teach the body event demands. - Exceed race demands. - Maintai...</p> <p> Step-UP-Intervals 1:00:30 74 TSS SESSION: 3 x (9 mins @ high Z3 + 2:30 mins @ low Z5 + 2 mins @ Z1). Step-UP: These intervals ...</p> <p> Training Video: The Transformation Phase The penultimate phase of training is when you get the most event specific workouts. Find out how ...</p>	<p> Aerobic Threshold Ride 0:53:30 41 TSS SESSION: 2 x 16 mins @ high Z2 w/ 90 secs @ Z1 Aerobic Threshold: Your AeT is generally consi...</p> <p> S&C: Explosive 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</p>	<p> Aerobic Threshold Ride 0:53:00 40 TSS SESSION: 3 x 10 mins @ high Z2 w/ 90 secs @ Z1 Aerobic Threshold: Your AeT is generally consi...</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> VO2max Ride 0:45:00 60 TSS SESSION: 5 x 3 mins @ high Z5 w/ 2:30 mins @ Z1 VO2max: Your VO2max is your maximal (max) rat...</p> <p> S&C: Explosive 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 30-40% 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> Aerobic Endurance Ride 4:00:00 180 TSS SESSION: 1 x 3:40 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p> <p> Training Video: Post Workout Fuelling To help you recover after training workouts 90 minutes or longer (or high intensity 60 minute wor...</p>	<p> 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...</p> <p> Training Video: Training in Zone 2 A lot of the training plan is based around working in zone 2. The linked video provides you with ...</p>	<p>Total Duration 10:32 00:00</p> <p>Total Training Stress Score 507 0</p> <p>Bike Duration 9:32 00:00</p> <p>Strength Duration 1:00 00:00</p> <p>Distance 0.00 km</p>