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|--------|--|--|---|---|---|--|--|---|
| Week 2 | Day 8 | 9 | 10 | 11 | 12 | 13 | 14 | |
| | <p> Accumulation Phase Volume - WEEK 2</p> <p>AIMS of Accumulation Phase - Build base endurance. - Gain lots of zone 2 work. - Prepare body ...</p> <p>P: Email: info@breakawaycoachingandanalytics.com</p> | <p> VO2max Ride</p> <p>0:48:00 70 TSS</p> <p>SESSION: 5 x 4 mins @ high Z5 w/ 2 mins @ Z1</p> <p>VO2max: Your VO2max is your maximal (max) rate (... P: Coaching Advice: Aim to increase your heart rate so it reaches 90-95% of your max heart rate.</p>  | <p> Aerobic Endurance Ride</p> <p>1:30:00 64 TSS</p> <p>SESSION: 1 x 1:10 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an... P: Coaching Advice: Having an intensity discipline will be important for rides like these. Have the ...</p>  | <p> Aerobic Threshold Ride</p> <p>0:49:00 36 TSS</p> <p>SESSION: 3 x 9 mins @ high Z2 w/ 1 mins @ Z1</p> <p>Aerobic Threshold: Your AeT is generally conside... P: Coaching Advice: These workouts are a good chance to test your Efficiency Factor (EF). Highlight ...</p>  | <p> Threshold Ride</p> <p>1:00:00 78 TSS</p> <p>SESSION: 3 x 12 mins @ Z4 w/ 2 mins @ Z1</p> <p>Threshold: Your threshold refers to the intensity at... P: Coaching Advice: Make sure your effort level is consistent throughout the intervals. Do not ride ...</p>  | <p> Aerobic Endurance Ride</p> <p>2:30:00 111 TSS</p> <p>SESSION: 1 x 2:10 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an... P: Coaching Advice: Having an intensity discipline will be important for rides like these. Have the ...</p>  | <p> Aerobic Endurance Ride</p> <p>4:00:00 180 TSS</p> <p>SESSION: 1 x 3:40 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an... P: Coaching Advice: Having an intensity discipline will be important for rides like these. Have the ...</p>  | <p>Total Duration 11:37 00:00</p> <hr/> <p>Total Training Stress Score 564 0</p> <hr/> <p>Bike Duration 10:37 00:00</p> <hr/> <p>Strength Duration 1:00 00:00</p> <hr/> <p>Distance 0.00 km</p> |
| | <p> Rest Day</p> <p>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,... P: Coaching Advice: Consider trying to increase your flexibility to help your recovery with the belo...</p> | <p> S&C: Strength</p> <p>0:30:00 13 TSS</p> <p>SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep... P: Do not complete any exercises that may result in injury e.g., if you have a bad back squatting ma...</p> | <p> Pre-Activity Comments</p> <p>In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</p> | <p> S&C: Strength</p> <p>0:30:00 13 TSS</p> <p>SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep... P: Do not complete any exercises that may result in injury e.g., if you have a bad back squatting ma...</p> | <p> Training Workout Videos</p> <p>The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</p> | <p> Coaching Advice</p> <p>During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</p> | | |
| | <p> Training Video: The Accumulation Phase</p> <p>The Accumulation phase will often be the longest phase during your training plan. As a result BCA... P: Email: info@breakawaycoachingandanalytics.com</p> | | | | | | | |