

Mon		Tues	Wed	Thurs	Fri	Sat	Sun	Summary	
Week 14		Day 92	93	94	95	96	97	98	SUMMARY
<div><div><div><div><div></div></div><div>Accumulation Phase Volume - WEEK 14</div></div><div><div><div></div></div><div>Threshold Ride</div><div>0:55:30</div><div>70 TSS</div><div>SESSION:</div><div>3 x 10:30 mins @ Z4 w/ 2 mins @ Z1</div><div>Threshold: Your threshold refers to the intensity...</div></div></div></div>		<div><div><div><div><div></div></div><div>Aerobic Endurance Ride</div><div>1:15:00</div><div>53 TSS</div><div>SESSION:</div><div>1 x 55 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div><div><div><div></div></div><div>S&C: Strength</div><div>0:30:00</div><div>13 TSS</div><div>SESSION:</div><div>30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div></div></div>	<div><div><div><div><div></div></div><div>Aerobic Threshold Ride</div><div>1:02:00</div><div>48 TSS</div><div>SESSION:</div><div>3 x 13 mins @ high Z2 w/ 90 secs @ Z1</div><div>Aerobic Threshold: Your AeT is generally consi...</div></div></div></div>	<div><div><div><div><div></div></div><div>Tempo Ride</div><div>1:03:00</div><div>70 TSS</div><div>SESSION:</div><div>3 x 20:30 mins @ Low Z3 w/ 2 mins @ Z2</div><div>Tempo: At this intensity the body begins to r...</div></div><div><div><div></div></div><div>S&C: Strength</div><div>0:30:00</div><div>13 TSS</div><div>SESSION:</div><div>30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div></div></div>	<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><div></div></div><div>Aerobic Endurance Ride</div><div>5:00:00</div><div>226 TSS</div><div>SESSION:</div><div>1 x 4:40 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div></div></div>	<div><div><div><div><div></div></div><div>Aerobic Endurance Ride</div><div>2:00:00</div><div>88 TSS</div><div>SESSION:</div><div>1 x 1:40 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div></div></div>	<div><div><div><div><div></div></div><div>Total Duration</div><div>12:16 00:00</div></div><div><div><div></div></div><div>Total Training Stress Score</div><div>580 0</div></div><div><div><div></div></div><div>Bike Duration</div><div>11:16 00:00</div></div><div><div><div></div></div><div>Strength Duration</div><div>1:00 00:00</div></div><div><div><div></div></div><div>Distance</div><div>0.00 km</div></div></div></div>	