

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

Summary



Week 11

Day 71

72

73

74

75

76

77

Summary



Accumulation Phase | Volume - WEEK 11



Rest Day

Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...



Sub-Threshold Ride

1:06:00

81 TSS

SESSION:

2 x 22 mins @ High Z3 w/ 2 mins @ Z1

Sub-Threshold: These intervals are similar to '...



S&C: Strength

0:30:00

13 TSS

SESSION:

30-45 minutes

EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...



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...



VO2max Ride

0:47:15

71 TSS

SESSION:

5 x 4:15 mins @ high Z5 w/ 90 secs @ Z1

VO2max: Your VO2max is your maximal (max) ra...



Training Video: Supplementation for Athletes

Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...



Aerobic Threshold Ride

1:12:30

56 TSS

SESSION:

4 x 12 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consi...



S&C: Strength

0:30:00

13 TSS

SESSION:

30-45 minutes

EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...



Aerobic Endurance Ride

5:30:00

250 TSS

SESSION:

1 x 5:10 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...



Aerobic Endurance Ride

2:30:00

111 TSS

SESSION:

1 x 2:10 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...

Total Duration 14:06 00:00

Total Training Stress Score 682 0

Bike Duration 13:06 00:00

Strength Duration 1:00 00:00

Distance 0.00 km