



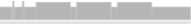


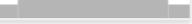






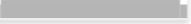

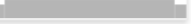


MON	TUE	WED	THU	FRI	SAT	SUN	SUMMARY
Week 34 Day 232	233	234	235	236	237	238	
<p> <b>Accumulation Phase   Volume - WEEK 34</b> P: Email: info@breakawaycoachingandanalytics.com</p> <p> <b>Under/Over Intervals</b> 0:59:00 82 TSS SESSION: 3 x (6 x 1 min @ Z5 w/ 1 mins @ Z4 + 3 mins @ Z1)  Threshold: Your threshold refers t... P: Coaching Advice: Remain seated when accelerating to zone 5 from zone 4.</p> 	<p> <b>Aerobic Threshold Ride</b> 0:50:00 37 TSS SESSION: 3 x 9 mins @ high Z2 w/ 90 secs @ Z1  Aerobic Threshold: Your AeT is generally consid... P: Coaching Advice: These workouts are a good chance to test your Efficiency Factor (EF). Highlight ...</p>  <p> <b>S&amp;C: Strength</b> 0:30:00 13 TSS SESSION: 30-45 minutes  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> <b>Aerobic Endurance Ride</b> 1:30:00 64 TSS SESSION: 1 x 70 mins @ Z2  Aerobic Endurance: Training by this nature uses oxygen, fats, and g... P: Coaching Advice: Having an intensity discipline will be important for rides like these. Have the ...</p> 	<p> <b>Maximal Aerobic Power Ride</b> 0:51:00 72 TSS SESSION: 5 x 5 mins @ low Z5 w/ 90 secs @ Z1  Maximal Aerobic Power: MAP intervals look to inc... P: Coaching Advice: MAP intervals push you quite hard, therefore you should find a trigger that will...</p>  <p> <b>S&amp;C: Strength</b> 0:30:00 13 TSS SESSION: 30-45 minutes  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> <b>Rest Day</b> 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> <b>Training Video: Supplementation for Athletes</b> Supplementation is at the top of the nutrition pyramid meaning it is the least important, however... P: Email: info@breakawaycoachingandanalytics.com</p>	<p> <b>Aerobic Endurance Ride</b> 4:30:00 203 TSS SESSION: 1 x 4:10 hours @ Z2  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> <b>Aerobic Endurance Ride</b> 2:45:00 122 TSS SESSION: 1 x 2:25 hours @ Z2  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><b>Total Duration</b> 12:25 00:00</p> <hr/> <p><b>Total Training Stress Score</b> 605 0</p> <hr/> <p><b>Bike Duration</b> 11:25 00:00</p> <hr/> <p><b>Strength Duration</b> 1:00 00:00</p> <hr/> <p>Distance 0.00 km</p>