

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 4	Day 22	23	24	25	26	27	28	SUMMARY
	<div><div>🕒</div><div><b>Transformation Phase   Specificity - WEEK 4</b> AIMS of Transformation Phase - Teach the body event demands. - Exceed race demands. - Maintai...</div></div> <div><div>🚴</div><div><b>Aerobic Threshold Ride</b> 0:47:00 34 TSS SESSION: 3 x 8 mins @ Z2 w/ 90 secs @ Z1  Aerobic Threshold: Your AeT is generally considered ... </div></div> <div><div>🕒</div><div><b>Training Video: The Transformation Phase</b> The penultimate phase of training is when you get the most event specific workouts. Find out how ...</div></div>	<div><div>🚴</div><div><b>Step-UP-Intervals</b> 1:02:30 78 TSS SESSION: 3 x (10 mins @ high Z3 + 2:30 mins @ low Z5 + 2:30 mins @ Z1).  Step-UP: These interv... </div></div> <div><div>↔</div><div><b>S&amp;C: Explosive</b> 0:30:00 13 TSS SESSION: 30-45 minutes  EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</div></div>	<div><div>🏠</div><div><b>Rest Day</b> Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div></div>	<div><div>🚴</div><div><b>Threshold Under/Over</b> 0:59:30 82 TSS SESSION: 3 x (1 x 6:30 mins @ Z4% + 3 x 1 min @ Z5 w/ 1 mins @ Z4% + 2:30 mins @ Z1)  Threshol... </div></div>	<div><div>🚴</div><div><b>Aerobic Threshold Ride</b> 0:47:00 34 TSS SESSION: 3 x 8 mins @ Z2 w/ 90 secs @ Z1  Aerobic Threshold: Your AeT is generally considered ... </div></div> <div><div>↔</div><div><b>S&amp;C: Explosive</b> 0:30:00 13 TSS SESSION: 30-45 minutes  EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</div></div>	<div><div>🚴</div><div><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... </div></div> <div><div>🕒</div><div><b>Training Video: Post Workout Fuelling</b> To help you recover after training workouts 90 minutes or longer (or high intensity 60 minute wor...</div></div>	<div><div>🚴</div><div><b>Aerobic Endurance w/ Sub-Threshold Efforts Ride</b> 1:55:00 110 TSS SESSION: 1 x 30 mins @ Z2 + 2 x (15 mins @ high Z3 w/ 5 mins @ Z2) + 1 x 30 mins @ Z2  Aerobic... </div></div> <div><div>🕒</div><div><b>Coaching Advice</b> If your event is hilly, try and complete the road intervals on the climbs were possible to be spe...</div></div>	<div><div>Total Duration</div><div>11:01 00:00</div></div> <div><div>Total Training Stress Score</div><div>567 0</div></div> <div><div>Bike Duration</div><div>10:01 00:00</div></div> <div><div>Strength Duration</div><div>1:00 00:00</div></div> <div><div>Distance</div><div>0.00 km</div></div>