

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 4	Day 22	23	24	25	26	27	28	SUMMARY
	<p> Transformation Phase Specificity - WEEK 4</p> <p> Aerobic Threshold Ride 0:47:00 34 TSS SESSION: 3 x 8 mins @ high Z2 w/ 90 secs @ Z1</p> <p>Aerobic Threshold: Your AeT is generally consid...</p>	<p> Step-UP-Intervals 1:03:30 79 TSS SESSION: 3 x (10 mins @ high Z3 + 2:30 mins @ low Z5 + 2 mins @ Z1).</p> <p>Step-UP: These intervals...</p> <p> S&C: Explosive 0:30:00 13 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</p>	<p> Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p>	<p> Threshold Under/Over 1:00:30 63 TSS SESSION: 3 x (1 x 6:30 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 3 mins @ Z1)</p> <p>Threshold: Yo...</p>	<p> Aerobic Threshold Ride 0:50:00 37 TSS SESSION: 3 x 9 mins @ high Z2 w/ 90 secs @ Z1</p> <p>Aerobic Threshold: Your AeT is generally consid...</p> <p> S&C: Explosive 0:30:00 13 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</p>	<p> Aerobic Endurance Ride 4:30:00 203 TSS SESSION: 1 x 4:10 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p> <p> Training Video: Supplementation for Athletes Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...</p>	<p> Aerobic Endurance Ride 2:00:00 88 TSS SESSION: 1 x 1:40 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p>	<p>Total Duration 11:11 00:00</p> <p>Total Training Stress Score 549 0</p> <p>Bike Duration 10:11 00:00</p> <p>Strength Duration 1:00 00:00</p> <p>Distance 0.00 km</p>