

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	Summary
	<p></p> <p>Preparation Phase Foundation - WEEK 2 AIMS of Preparation Phase - Set base strength. - Prevent peaking to early. - Prepare the body ...</p> <p></p> <p>VO2max Ride 0:43:00 59 TSS SESSION: 5 x 3 mins @ high Z5 w/ 2 mins @ Z1</p> <p>VO2max: Your VO2max is your maximal (max) rate (...)</p> <p></p> <p></p> <p>Training Video: The Preparation Phase The Preparation Phase is the first phase of training you will go through, watch the below video t...</p>	<p></p> <p>Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p> <p></p> <p>Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</p>	<p></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></p> <p></p> <p>S&C: Maximal 0:40:00 17 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</p>	<p></p> <p>Maximal Aerobic Power Ride 0:44:45 59 TSS SESSION: 5 x 3:45 mins @ low Z5 w/ 90 secs @ Z1</p> <p>Maximal Aerobic Power: MAP intervals look to ...</p> <p></p> <p></p> <p>Training Workout Videos The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</p>	<p></p> <p>S&C: Maximal 0:40:00 17 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</p>	<p></p> <p>Aerobic Endurance Ride 3:15:00 145 TSS SESSION: 1 x 2:55 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p> <p></p>	<p></p> <p>Aerobic Endurance Ride 1:30:00 64 TSS SESSION: 1 x 1:10 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p> <p></p> <p>Coaching Advice During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</p>	<p>Summary</p> <p>Total Duration 8:23 00:00</p> <p>Total Training Stress Score 397 0</p> <p>Bike Duration 7:03 00:00</p> <p>Strength Duration 1:20 00:00</p> <p>Distance 0.00 km</p>