

MON	TUE	WED	THU	FRI	SAT	SUN	SUMMARY
<p>Week 2 Day 8</p> <p><b>Accumulation Phase   Volume - WEEK 2</b>                      AIMS of Accumulation Phase                      - Build base endurance.                      - Gain lots of zone 2 work.                      - Prepare body ...                      P: Email: info@breakawaycoachingandanalytics.com</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: The Accumulation Phase</b>                      The Accumulation phase will often be the longest phase during your training plan. As a result BCA...                      P: Email: info@breakawaycoachingandanalytics.com</p>	<p><b>Threshold Ride</b>                      0:57:00                      73 TSS                      SESSION: 3 x 11 mins @ Z4 w/ 2 mins @ Z1</p> <p>Threshold: Your threshold refers to the intensity at...                      P: Coaching Advice: Make sure your effort level is consistent throughout the intervals. Do not ride ...</p> <p><b>Pre-Activity Comments</b>                      In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</p>	<p><b>Aerobic Endurance Ride</b>                      1:00:00                      41 TSS                      SESSION: 1 x 40 mins @ Z2</p> <p>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>S&amp;C: Strength</b>                      0:30:00                      13 TSS                      SESSION: 30-45 minutes</p> <p>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>VO2max Ride</b>                      0:45:30                      64 TSS                      SESSION: 5 x 3:30 mins @ high Z5 w/ 2 mins @ Z1</p> <p>VO2max: Your VO2max is your maximal (max) rat...                      P: Coaching Advice: Aim to increase your heart rate so it reaches 90-95% of your max heart rate.</p> <p><b>Training Workout Videos</b>                      The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</p>	<p><b>Aerobic Threshold Ride</b>                      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: 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</p> <p>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>                      4:00:00                      180 TSS                      SESSION: 1 x 3:40 hours @ Z2</p> <p>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>Coaching Advice</b>                      During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</p>	<p><b>Aerobic Endurance Ride</b>                      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: Coaching Advice: Having an intensity discipline will be important for rides like these. Have the ...</p>	<p><b>Total Duration</b> 10:33 00:00</p> <p><b>Total Training Stress Score</b> 508 0</p> <p><b>Bike Duration</b> 9:33 00:00</p> <p><b>Strength Duration</b> 1:00 00:00</p> <p>Distance 0.00 km</p>