















	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 8	Day 50	51	52	53	54	55	56	Summary
	<p> Transformation Phase Specificity - WEEK 8</p> <p> Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p> <p> Training Video: Data Analysis As you are now in the final 3 weeks of your programme you are eligible for data analysis. If you ...</p>	<p> Step-UP-Intervals 0:53:30 66 TSS SESSION: 3 x (6:30 mins @ high Z3 + 3 mins @ low Z5 + 2:30 mins @ Z1). Step-UP: These interva... </p> <p> S&C: Explosive 0:30:00 13 TSS SESSION: 30-45 minutes 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 0:50:30 68 TSS SESSION: 3 x (1 x 3:30 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 2:30 mins @ Z1) Threshold:... </p> <p> Training Video: Getting Enough Sleep Sleep is a large part of an athlete's recovery process; therefore, it is important to not neglect...</p>	<p> S&C: Explosive 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</p>	<p> Aerobic Endurance Ride 4:00:00 180 TSS SESSION: 1 x 3:40 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p>	<p> Aerobic Endurance w/ Sub-Threshold Efforts Ride 1:15:00 71 TSS SESSION: 1 x 15 mins @ Z2 + 2 x (10 mins @ high Z3 w/ 5 mins @ Z2) + 1 x 15 mins @ Z2 Aerobic... </p>	<p>Total Duration 7:59 00:00</p> <p>Total Training Stress Score 409 0</p> <p>Bike Duration 6:59 00:00</p> <p>Strength Duration 1:00 00:00</p> <p>Distance 0.00 km</p>