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Week 5		Day 29		30		31		32		33		34		35	
<div><div></div><div>Transformation Phase   Specificity - WEEK 5</div></div>		<div><div></div><div>Step-UP-Intervals</div><div>0:53:30</div><div>65 TSS</div><div>SESSION: 3 x (7 mins @ high Z3 + 2:30 mins @ low Z5 + 2:30 mins @ Z1).</div><div>Step-UP: These interva...</div></div>		<div><div></div><div>Rest Day</div><div>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div></div> <div><div></div><div>Training Video: Getting Enough Sleep</div><div>Sleep is a large part of an athlete's recovery process; therefore, it is important to not neglect...</div></div>		<div><div></div><div>Threshold Under/Over</div><div>0:50:30</div><div>68 TSS</div><div>SESSION: 3 x (1 x 3;30 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 3:30 mins @ Z1)</div><div>Threshold:...</div></div>		<div><div></div><div>S&amp;C: Explosive</div><div>0:30:00</div><div>13 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</div></div> <div><div></div><div>Training Video: Post Activation Potentiation</div><div>Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly...</div></div>		<div><div></div><div>Aerobic Endurance Ride</div><div>4:00:00</div><div>180 TSS</div><div>SESSION: 1 x 3:40 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div>		<div><div></div><div>Aerobic Endurance w/ Sub-Threshold Efforts Ride</div><div>1:15:00</div><div>71 TSS</div><div>SESSION: 1 x 15 mins @ Z2 + 2 x (10 mins @ high Z3 w/ 5 mins @ Z2) + 1 x 15 mins @ Z2</div><div>Aerobic...</div></div>		<div><div>Total Duration</div><div>7:59 00:00</div><div>Total Training Stress Score</div><div>408 0</div><div>Bike Duration</div><div>6:59 00:00</div><div>Strength Duration</div><div>1:00 00:00</div><div>Distance</div><div>0.00 km</div></div>	