

Training Plan



Week 1



Mon		Tues		Wed		Thurs		Fri		Sat		Sun		Summary	
Week 2		Day 8		9		10		11		12		13		14	
Preparation Phase Foundation - WEEK 2		VO2max Ride		Aerobic Threshold Ride		Aerobic Threshold Ride		Maximal Aerobic Power Ride		Aerobic Endurance Ride		Aerobic Endurance Ride		Aerobic Endurance Ride	
AIMS of Preparation Phase		0:45:00		0:56:00		0:55:30		0:46:45		2:45:00		2:00:00		2:00:00	
- Set base strength.		60 TSS		42 TSS		42 TSS		60 TSS		122 TSS		88 TSS		88 TSS	
- Prevent peaking to early.		SESSION:		SESSION:		SESSION:		SESSION:		SESSION:		SESSION:		SESSION:	
- Prepare the body ...		5 x 3 mins @ high Z5 w/ 2:30 @ Z1		3 x 11 mins @ high Z2 w/ 90 secs @ Z1		2 x 17 mins @ high Z2 w/ 90 secs @ Z1		5 x 3:45 mins @ low Z5 w/ 2 mins @ Z1		1 x 2:25 hours @ Z2		1 x 1:40 hours @ Z2		1 x 1:40 hours @ Z2	
		VO2max: Your VO2max is your maximal (max) rate (V)...		Aerobic Threshold: Your AeT is generally consi...		Aerobic Threshold: Your AeT is generally consi...		Maximal Aerobic Power: MAP intervals look to i...		Aerobic Endurance: Training by this nature uses oxygen, fats, an...		Aerobic Endurance: Training by this nature uses oxygen, fats, an...			
Rest Day															
Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...															
Training Video: The Preparation Phase		Pre-Activity Comments		S&C: Maximal		Training Workout Videos		S&C: Maximal				Coaching Advice			
The Preparation Phase is the first phase of training you will go through, watch the below video t...		In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...		0:40:00		The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...		0:40:00				During these Saturday endurance rides it would be a good idea to increase leg strength when on th...			
				17 TSS				17 TSS							
				SESSION:				SESSION:							
				30-45 minutes				30-45 minutes							
				EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...				EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...							

Total Duration 9:28 00:00

Total Training Stress Score 448 0

Bike Duration 8:08 00:00

Strength Duration 1:20 00:00

Distance 0.00 km