














	MON	TUE	WED	THU	FRI	SAT	SUN	>	SUMMARY
Week 2	Day 8	9	10	11	12	13	14		
	<p> Preparation Phase Foundation - WEEK 2 AIMS of Preparation Phase - Set base strength. - Prevent peaking to early. - Prepare the body ... P: Email: info@breakawaycoachingandanalytics.com</p> <p> Rest Day 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> Training Video: The Preparation Phase The Preparation Phase is the first phase of training you will go through, watch the below video t... P: Email: info@breakawaycoachingandanalytics.com</p>	<p> Tempo Ride 1:07:00 75 TSS SESSION: 2 x 22 mins @ Low Z3 w/ 3 mins @ Z2 Tempo: At this intensity the body begins to rely... P: Coaching Advice: During the Transformation Phase intervals similar to these will be on the road. ...</p> <p> Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</p>	<p> S&C: Maximal 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 80-85% 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> Aerobic Endurance Ride 1:30:00 64 TSS SESSION: 1 x 1:10 hours @ Z2 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> Training Workout Videos The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</p>	<p> Sub-Threshold Ride 1:04:00 78 TSS SESSION: 2 x 20:30 mins @ High Z3 w/ 3 mins @ Z1 Sub-Threshold: These intervals are similar t... P: Coaching Advice: Sub-Threshold intervals is great for developing your base endurance power withou...</p> <p> S&C: Maximal 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 80-85% 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> Aerobic Endurance Ride 3:00:00 134 TSS SESSION: 1 x 2:40 hours @ Z2 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> Coaching Advice During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</p>	<p> Strength Endurance Ride 2:04:00 110 TSS SESSION: 2 x (5 x 5 @ Z3 50-55 rpm w/ 3 mins spin) Strength Endurance: This type of training ... P: Coaching Advice: Remain seated when completing the intervals to improve your glute strength (this...</p>		<p>Total Duration 9:45 00:00</p> <p>Total Training Stress Score 486 0</p> <p>Bike Duration 8:45 00:00</p> <p>Strength Duration 1:00 00:00</p> <p>Distance 0.00 km</p>