

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 6	Day 36	37	38	39	40	41	42	Summary
	<p><b>Transformation Phase   Specificity - WEEK 6</b></p> <p><b>Rest Day</b> Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p>	<p><b>Step-UP-Intervals</b> 0:57:00 72 TSS SESSION: 3 x (8 mins @ high Z3 + 3 mins @ low Z5 + 2 mins @ Z1). Step-UP: These intervals imp...</p> <p><b>Training Video: Post Activation Potentiation</b> Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly...</p>	<p><b>Aerobic Threshold Ride</b> 0:46:00 34 TSS SESSION: 3 x 8 mins @ high Z2 w/ 1 mins @ Z1 Aerobic Threshold: Your AeT is generally consid...</p> <p><b>S&amp;C: Explosive</b> 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</p>	<p><b>Threshold Under/Over</b> 0:54:00 74 TSS SESSION: 3 x (1 x 5 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 2 mins @ Z1) Threshold: Your ...</p>	<p><b>S&amp;C: Explosive</b> 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</p>	<p><b>Aerobic Endurance Ride</b> 4:30:00 203 TSS SESSION: 1 x 4:10 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p> <p><b>Training Video: Supplementation for Athletes</b> Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...</p>	<p><b>Aerobic Endurance w/ Sub-Threshold Efforts Ride</b> 1:54:00 105 TSS SESSION: 1 x 30 mins @ Z2 + 2 x (12 mins @ high Z3 w/ 10 mins @ Z2) + 1 x 30 mins @ Z2 Aerobi...</p>	<p><b>Total Duration</b> 10:01 00:00</p> <p><b>Total Training Stress Score</b> 512 0</p> <p><b>Bike Duration</b> 9:01 00:00</p> <p><b>Strength Duration</b> 1:00 00:00</p> <p>Distance 0.00 km</p>