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Week 4	Day 22	23	24	25	26	27	28	Summary
	<p> Transformation Phase Specificity - WEEK 4</p> <hr/> <p> Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p>	<p> Step-UP-Intervals 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> Aerobic Threshold Ride 0:49:00 36 TSS SESSION: 3 x 9 mins @ high Z2 w/ 1 mins @ Z1 Aerobic Threshold: Your AeT is generally conside...</p> 	<p> Threshold Under/Over 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> 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 4:30:00 203 TSS SESSION: 1 x 4:10 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p> 	<p> Aerobic Endurance Ride 2:00:00 88 TSS SESSION: 1 x 1:40 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p> 	<p>Total Duration 10:10 00:00</p> <hr/> <p>Total Training Stress Score 498 0</p> <hr/> <p>Bike Duration 9:10 00:00</p> <hr/> <p>Strength Duration 1:00 00:00</p> <hr/> <p>Distance 0.00 km</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> Training Video: Post Activation Potentiation Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly...</p>			<p> Training Video: Strength Training Guide FAQs are covered in the below strength training video to help you understand how to complete your...</p>	