














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@breakawaycoachingandanalyt...s.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@breakawaycoachingandanalyt...s.com</p>	 <p>Tempo Ride 0:58:00 63 TSS SESSION: 2 x 17:30 mins @ Low Z3 w/ 3 mins @ Z2</p> <p>Tempo: At this intensity the body begins to r... 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</p> <p>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 1:00:00 41 TSS SESSION: 1 x 40 mins @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, and g... 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 0:57:00 66 TSS SESSION: 3 x 11 mins @ High Z3 w/ 2 mins @ Z1</p> <p>Sub-Threshold: These intervals are similar to '... 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</p> <p>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 2:00:00 88 TSS SESSION: 1 x 1:40 hours @ Z2</p> <p>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>Aerobic Endurance Ride 3:00:00 134 TSS SESSION: 1 x 2:40 hours @ Z2</p> <p>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>Total Duration 8:55 00:00</p> <hr/> <p>Total Training Stress Score 417 0</p> <hr/> <p>Bike Duration 7:55 00:00</p> <hr/> <p>Strength Duration 1:00 00:00</p> <hr/> <p>Distance 0.00 km</p>