S&C: Maximal

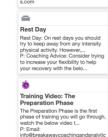
0:30:00

13 TSS

SESSION:

30-45 minutes

have a bad back squatting ma...



s.com

## Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...



## Training Workout Videos The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the I...

## EXERCISES: Lower Body exercises should be done between 80-85% of P: Do not complete any exercises that may result in injury e.g., if you

## Coaching Advice During these Saturday endurance rides it would be a good idea to increase leg strength when on th...