	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary ☰
Week 2	**Day 8**	**9**	**10** ☰	**11**	**12**	**13**	**14**	**Summary**

Mon — Day 8

⏱
Preparation Phase | Foundation - WEEK 2
AIMS of Preparation Phase
- Set base strength.
- Prevent peaking to early.
- Prepare the body ...

🛏
Rest Day
Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...

⏱
Training Video: The Preparation Phase
The Preparation Phase is the first phase of training you will go through, watch the below video t...

Tues — 9

🚴
VO2max Ride
0:40:00
48 TSS
SESSION:
5 x 2 mins @ high Z5 w/ 2 mins @ Z1

VO2max: Your VO2max is your maximal (max) rate (...

↔
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...

Wed — 10

🛏
Rest Day
Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...

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

+

Thurs — 11

🚴
Maximal Aerobic Power Ride
0:41:45
49 TSS
SESSION:
5 x 2:45 mins @ low Z5 w/ 2 mins @ Z1

Maximal Aerobic Power: MAP intervals look to i...

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

Fri — 12

↔
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...

Sat — 13

🚴
Aerobic Endurance Ride
2:15:00
99 TSS
SESSION:
1 x 1:55 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...

Sun — 14

🚴
Aerobic Endurance Ride
1:00:00
41 TSS
SESSION:
1 x 40 mins @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, and g...

⏱
Coaching Advice
During these Sunday endurance rides it would be a good idea to increase leg strength when on the ...

Summary

Total Duration	5:37	00:00
Total Training Stress Score	263	0
Bike Duration	4:37	00:00
Strength Duration	1:00	00:00

Distance 0.00 km