

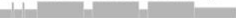

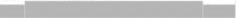


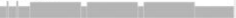

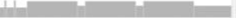




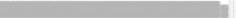

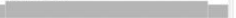


Training Plan

Mon		Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 12	Day 78	79	80	81	82	83	84	SUMMARY
<div>Accumulation Phase Volume - WEEK 12</div> <div>Threshold Ride 0:57:00 73 TSS SESSION: 3 x 11 mins @ Z4 w/ 2 mins @ Z1 Threshold: Your threshold refers to the intensity at...</div>		<div>Aerobic Endurance Ride 1:15:00 53 TSS SESSION: 1 x 55 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div> <div>S&C: Strength 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div>	<div>Aerobic Threshold Ride 1:02:00 48 TSS SESSION: 3 x 13 mins @ Z2 w/ 90 secs @ Z1 Aerobic Threshold: Your AeT is generally considered...</div>	<div>Tempo Ride 1:04:30 71 TSS SESSION: 3 x 13:30 mins @ Low Z3 w/ 2 mins @ Z2 Tempo: At this intensity the body begins to r...</div> <div>S&C: Strength 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div>	<div>Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div> <div>Training Video: Post Activation Potentiation Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly...</div>	<div>Aerobic Endurance Ride 4:45:00 215 TSS SESSION: 1 x 4:25 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div>	<div>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...</div>	<div>Total Duration12:0400:00</div> <div>Total Training Stress Score5710</div> <div>Bike Duration11:0400:00</div> <div>Strength Duration1:0000:00</div> <div>Distance0.00 km</div>