

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
<p>Week 16</p> <p>Day 106</p> <p> Accumulation Phase Volume - WEEK 16</p> <p> Threshold Ride 1:00:00 78 TSS SESSION: 3 x 12 mins @ Z4 w/ 2 mins @ Z1 Threshold: Your threshold refers to the intensity at...</p>	<p>Day 107</p> <p> Aerobic Threshold Ride 1:00:30 46 TSS SESSION: 4 x 9 mins @ high Z2 w/ 90 secs @ Z1 Aerobic Threshold: Your AeT is generally consid...</p> <p> 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...</p>	<p>Day 108</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>Day 109</p> <p> Tempo Ride 1:12:00 80 TSS SESSION: 3 x 16 mins @ Low Z3 w/ 2 mins @ Z2 Tempo: At this intensity the body begins to rely...</p> <p> 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...</p>	<p>Day 110</p> <p> Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p>	<p>Day 111</p> <p> Aerobic Endurance Ride 5:30:00 250 TSS SESSION: 1 x 5:10 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p> <p> Training Video: Supplementation for Athletes Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...</p>	<p>Day 112</p> <p> 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...</p>	<p>Summary</p> <p>Total Duration 13:58 00:00</p> <p>Total Training Stress Score 665 0</p> <p>Bike Duration 12:58 00:00</p> <p>Strength Duration 1:00 00:00</p> <p>Distance 0.00 km</p>