

Mon		Tues	Wed	Thurs	Fri	Sat	Sun	Summary	
Week 2	Day 8	9	10	11	12	13	14	Summary	
<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div>Preparation Phase Foundation - WEEK 2</div><div>AIMS of Preparation Phase<ul style="list-style-type: none">- Set base strength.- Prevent peaking to early.- Prepare the body ...</div></div></div></div></div></div>		<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div>Aerobic Threshold Ride</div><div>0:53:00</div><div>40 TSS</div><div>SESSION: 3 x 10 mins @ high Z2 w/ 90 secs @ Z1</div></div></div></div><div><div><div><div>Aerobic Threshold: Your AeT is generally consi...</div><div></div></div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div>Aerobic Endurance Ride</div><div>2:00:00</div><div>88 TSS</div><div>SESSION: 1 x 1:40 hours @ Z2</div></div></div></div><div><div><div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div><div></div></div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div>Maximal Aerobic Power Ride</div><div>0:51:45</div><div>71 TSS</div><div>SESSION: 5 x 4:45 mins @ low Z5 w/ 2 mins @ Z1</div></div></div></div><div><div><div><div>Maximal Aerobic Power: MAP intervals look to i...</div><div></div></div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div>Rest Day</div><div>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div></div></div></div><div><div><div><div>Training Workout Videos</div><div>The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</div></div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div>Aerobic Endurance Ride</div><div>4:15:00</div><div>192 TSS</div><div>SESSION: 1 x 3:55 hours @ Z2</div></div></div></div><div><div><div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div><div></div></div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div>Aerobic Endurance Ride</div><div>2:00:00</div><div>88 TSS</div><div>SESSION: 1 x 1:40 hours @ Z2</div></div></div></div><div><div><div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div><div></div></div></div></div></div></div>	<div><div><div><div><div>Total Duration</div><div>11:49 00:00</div></div></div><div><div><div><div>Total Training Stress Score</div><div>571 0</div></div></div><div><div><div><div>Bike Duration</div><div>10:49 00:00</div></div></div><div><div><div><div>Strength Duration</div><div>1:00 00:00</div></div></div></div><div><div><div><div>Distance</div><div>0.00 km</div></div></div></div></div></div></div></div>	
<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div>VO2max Ride</div><div>0:48:45</div><div>69 TSS</div><div>SESSION: 5 x 3:45 mins @ high Z5 w/ 2:30 mins @ Z1</div></div></div></div><div><div><div><div>VO2max: Your VO2max is your maximal (max) ...</div><div></div></div></div></div></div></div>		<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div>S&C: Maximal</div><div>0:30:00</div><div>13 TSS</div><div>SESSION: 30-45 minutes</div></div></div></div><div><div><div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div><div></div></div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div>Pre-Activity Comments</div><div>In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</div></div></div></div></div></div>	<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div>S&C: Maximal</div><div>0:30:00</div><div>13 TSS</div><div>SESSION: 30-45 minutes</div></div></div></div><div><div><div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div><div></div></div></div></div></div></div>		<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div>Coaching Advice</div><div>During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</div></div></div></div></div></div>			
<div><div><div><div><div></div><div></div></div><div><div></div><div></div></div></div><div><div><div><div>Training Video: The Preparation Phase</div><div>The Preparation Phase is the first phase of training you will go through, watch the below video t...</div></div></div></div></div></div>									