

MON	TUE	WED	THU	FRI	SAT	SUN	SUMMARY
<p>Week 3 Day 15</p> <p>Accumulation Phase Volume - WEEK 3 P: Email: info@breakawaycoachingandanalytcs.com</p> <p>Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,... P: Coaching Advice: Consider trying to increase your flexibility to help your recovery with the belo...</p>	<p>Maximal Aerobic Power Ride 0:51:00 72 TSS SESSION: 5 x 5 mins @ low Z5 w/ 90 secs @ Z1</p> <p>Maximal Aerobic Power: MAP intervals look to inc... P: Coaching Advice: MAP intervals push you quite hard, therefore you should find a trigger that will...</p> <p>Training Video: Post Activation Potentiation Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly... P: Email: info@breakawaycoachingandanalytcs.com</p>	<p>Aerobic Endurance Ride 1:00:00 41 TSS SESSION: 1 x 40 mins @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, and g... P: Coaching Advice: Having an intensity discipline will be important for rides like these. Have the ...</p> <p>S&C: Strength 0:30:00 13 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep... P: Do not complete any exercises that may result in injury e.g., if you have a bad back squatting ma...</p>	<p>Under/Over Intervals 0:53:00 70 TSS SESSION: 3 x (5 x 1 min @ Z5 w/ 1 mins @ Z4 + 3 mins @ Z1)</p> <p>Threshold: Your threshold refers t... P: Coaching Advice: Remain seated when accelerating to zone 5 from zone 4.</p> <p>Training Video: Training in Zone 2 A lot of the training plan is based around working in zone 2. The linked video provides you with ... P: Email: info@breakawaycoachingandanalytcs.com</p>	<p>Aerobic Threshold Ride 0:50:00 37 TSS SESSION: 3 x 9 mins @ high Z2 w/ 90 secs @ Z1</p> <p>Aerobic Threshold: Your AeT is generally consid... P: Coaching Advice: These workouts are a good chance to test your Efficiency Factor (EF). Highlight ...</p> <p>S&C: Strength 0:30:00 13 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep... P: Do not complete any exercises that may result in injury e.g., if you have a bad back squatting ma...</p>	<p>Aerobic Endurance Ride 4:00:00 180 TSS SESSION: 1 x 3:40 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an... P: Coaching Advice: Having an intensity discipline will be important for rides like these. Have the ...</p> <p>Training Video: Post Workout Fuelling To help you recover after training workouts 90 minutes or longer (or high intensity 60 minute wor... P: Email: info@breakawaycoachingandanalytcs.com</p>	<p>Aerobic Endurance Ride 2:30:00 111 TSS SESSION: 1 x 2:10 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an... P: Coaching Advice: Having an intensity discipline will be important for rides like these. Have the ...</p>	<p>Total Duration 11:04 00:00</p> <p>Total Training Stress Score 536 0</p> <p>Bike Duration 10:04 00:00</p> <p>Strength Duration 1:00 00:00</p> <p>Distance 0.00 km</p>