

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
<p>Week 2 Day 8</p> <p>Preparation Phase Foundation - WEEK 2 AIMS of Preparation Phase - Set base strength. - Prevent peaking to early. - Prepare the body ...</p> <p>Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p> <p>Training Video: The Preparation Phase The Preparation Phase is the first phase of training you will go through, watch the below video t...</p>	<p>VO2max Ride 0:42:15 60 TSS SESSION: 5 x 3:15 mins @ high Z5 w/ 90 secs @ Z1</p> <p>VO2max: Your VO2max is your maximal (max) ra...</p> <p>S&C: Maximal 0:30:00 13 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</p>	<p>Aerobic Endurance Ride 2:00:00 88 TSS SESSION: 1 x 1:40 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p> <p>Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</p>	<p>Maximal Aerobic Power Ride 0:44:00 60 TSS SESSION: 5 x 4 mins @ low Z5 w/ 1 mins @ Z1</p> <p>Maximal Aerobic Power: MAP intervals look to incr...</p> <p>Training Workout Videos The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</p>	<p>Aerobic Threshold Ride 0:59:00 45 TSS SESSION: 3 x 12 mins @ high Z2 w/ 90 secs @ Z1</p> <p>Aerobic Threshold: Your AeT is generally consi...</p> <p>S&C: Maximal 0:30:00 13 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</p>	<p>Aerobic Endurance Ride 3:15:00 145 TSS SESSION: 1 x 2:55 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p>	<p>Aerobic Endurance Ride 2:00:00 88 TSS SESSION: 1 x 1:40 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p> <p>Coaching Advice During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</p>	<p>Summary</p> <p>Total Duration 10:40 00:00</p> <p>Total Training Stress Score 510 0</p> <p>Bike Duration 9:40 00:00</p> <p>Strength Duration 1:00 00:00</p> <p>Distance 0.00 km</p>