







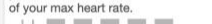










MON	TUE	WED	THU	FRI	SAT	SUN	>	SUMMARY
Week 7	Day 43	44	45	46	47	48	49	
 <p>Accumulation Phase Volume - WEEK 7 P: Email: info@breakawaycoachingandanalytics.com</p>	 <p>Threshold Ride 1:00:00 78 TSS SESSION: 3 x 12 mins @ Z4 w/ 2 mins @ Z1</p> <p>Threshold: Your threshold refers to the intensity at... P: Coaching Advice: Make sure your effort level is consistent throughout the intervals. Do not ride ...</p> 	 <p>Aerobic Endurance Ride 1:30:00 64 TSS SESSION: 1 x 70 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>Aerobic Threshold Ride 0:49:00 36 TSS SESSION: 3 x 9 mins @ high Z2 w/ 1 mins @ Z1</p> <p>Aerobic Threshold: Your AeT is generally consider... P: Coaching Advice: These workouts are a good chance to test your Efficiency Factor (EF). Highlight ...</p> 	 <p>VO2max Ride 0:50:30 76 TSS SESSION: 5 x 4:30 mins @ high Z5 w/ 2 mins @ Z1</p> <p>VO2max: Your VO2max is your maximal (max) rat... P: Coaching Advice: Aim to increase your heart rate so it reaches 90-95% of your max heart rate.</p> 	 <p>Aerobic Endurance Ride 3:00:00 134 TSS SESSION: 1 x 2:40 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>Aerobic Endurance Ride 4:30:00 203 TSS SESSION: 1 x 4:10 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 12:39 00:00</p> <hr/> <p>Total Training Stress Score 617 0</p> <hr/> <p>Bike Duration 11:39 00:00</p> <hr/> <p>Strength Duration 1:00 00:00</p> <hr/> <p>Distance 0.00 km</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>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>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>Training Video: Post Activation Potentiation Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly... P: Email: info@breakawaycoachingandanalytics.com</p>				