

	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>Accumulation Phase   Volume - WEEK 2</div><div>AIMS of Accumulation Phase<ul style="list-style-type: none"><li>- Build base endurance.</li><li>- Gain lots of zone 2 work.</li><li>- Prepare body ...</li></ul></div></div></div><div><div><div><div>VO2max Ride</div><div>0:43:00</div><div>59 TSS</div><div>SESSION: 5 x 3 mins @ high Z5 w/ 2 mins @ Z1</div><div>VO2max: Your VO2max is your maximal (max) rate (...)</div></div><div></div></div><div><div><div><div>Training Video: The Accumulation Phase</div><div>The Accumulation phase will often be the longest phase during your training plan. As a result BCA...</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>1:00:00</div><div>41 TSS</div><div>SESSION: 1 x 40 mins @ Z2</div></div><div></div></div><div><div><div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div></div><div><div><div><div>S&amp;C: Strength</div><div>0:30:00</div><div>13 TSS</div><div>SESSION: 30-45 minutes</div></div><div></div></div><div><div><div><div>EXERCISES: Lower Body exercises should be done between 60-80% 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><div>Aerobic Threshold Ride</div><div>0:59:00</div><div>45 TSS</div><div>SESSION: 3 x 12 mins @ Z2 w/ 90 secs @ Z1</div></div><div></div></div><div><div><div><div>Aerobic Threshold: Your AeT is generally considered...</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><div><div>Sub-Threshold Ride</div><div>0:58:30</div><div>70 TSS</div><div>SESSION: 2 x 18 mins @ High Z3 w/ 2:30 mins @ Z1</div></div><div></div></div><div><div><div><div>Sub-Threshold: These intervals are similar t...</div></div></div><div><div><div><div>S&amp;C: Strength</div><div>0:30:00</div><div>13 TSS</div><div>SESSION: 30-45 minutes</div></div><div></div></div><div><div><div><div>EXERCISES: Lower Body exercises should be done between 60-80% 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><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>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><div>Aerobic Endurance Ride</div><div>4:00:00</div><div>180 TSS</div><div>SESSION: 1 x 3:40 hours @ Z2</div></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>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><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div></div><div><div><div><div>Training Video: Strength Training Guide</div><div>FAQs are covered in the below strength training video to help you understand how to complete your...</div></div></div></div></div></div></div></div>	<div><div><div>Total Duration</div><div>10:40 00:00</div></div><div><div><div>Total Training Stress Score</div><div>507 0</div></div></div><div><div><div>Bike Duration</div><div>9:40 00:00</div></div></div><div><div><div>Strength Duration</div><div>1:00 00:00</div></div></div><div><div><div>Distance</div><div>0.00 km</div></div></div></div>