



	MON	TUE	WED	THU	FRI	SAT	SUN	>	SUMMARY
Week 15	Day 99	100	101	102	103	104	105		
	<p> Accumulation Phase Volume - WEEK 15 P: Email: info@breakawaycoachingandanalyt.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 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 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> VO2max Ride 0:48:00 70 TSS SESSION: 5 x 4 mins @ high Z5 w/ 2 mins @ Z1</p> <p>VO2max: Your VO2max is your maximal (max) rate (... P: Coaching Advice: Aim to increase your heart rate so it reaches 90-95% of your max heart rate.</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> 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> 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> Aerobic Endurance Ride 2:45:00 122 TSS SESSION: 1 x 2:25 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 12:23 00:00</p> <p>Total Training Stress Score 600 0</p> <p>Bike Duration 11:23 00:00</p> <p>Strength Duration 1:00 00:00</p> <p>Distance 0.00 km</p>