

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
<p>Week 2 Day 8</p> <p> Transformation Phase Specificity - WEEK 2 AIMS of Transformation Phase - Teach the body event demands. - Exceed race demands. - Maintal...</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 Transformation Phase The penultimate phase of training is when you get the most event specific workouts. Find out how ...</p>	<p> Maximal Aerobic Power Ride 0:41:30 55 TSS SESSION: 5 x 3:30 mins @ low Z5 w/ 1 mins @ Z1</p> <p>Maximal Aerobic Power: MAP intervals look to i...</p> <p> Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</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 consid...</p> <p> S&C: Explosive 0:30:00 13 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</p>	<p> Sub-Threshold Ride 0:54:00 64 TSS SESSION: 2 x 16 mins @ High Z3 w/ 2 mins @ Z1</p> <p>Sub-Threshold: These intervals are similar to '...</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> S&C: Explosive 0:30:00 13 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</p>	<p> Aerobic Endurance Ride 3:30:00 157 TSS SESSION: 1 x 3:10 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 8:54 00:00</p> <p>Total Training Stress Score 424 0</p> <p>Bike Duration 7:54 00:00</p> <p>Strength Duration 1:00 00:00</p> <p>Distance 0.00 km</p>