

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 17	Day 113	114	115	116	117	118	119	Summary
	<p> <b>Transformation Phase   Specificity - WEEK 17</b></p> <p> <b>Rest Day</b> Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p>	<p> <b>Step-UP-Intervals</b> 0:55:00 68 TSS SESSION: 3 x (7 mins @ high Z3 + 3 mins @ low Z5 + 2:30 mins @ Z1). Step-UP: These intervals ...</p>	<p> <b>S&amp;C: Explosive</b> 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</p>	<p> <b>Threshold Under/Over</b> 0:53:30 73 TSS SESSION: 3 x (1 x 4:30 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 2:30 mins @ Z1) Threshold:...</p>	<p> <b>Rest Day</b> Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p> <p> <b>Training Video: Getting Enough Sleep</b> Sleep is a large part of an athlete's recovery process; therefore, it is important to not neglect...</p>	<p> <b>Aerobic Endurance Ride</b> 4:00:00 180 TSS SESSION: 1 x 3:40 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p>	<p> <b>Aerobic Endurance w/ Sub-Threshold Efforts Ride</b> 1:19:00 77 TSS SESSION: 1 x 12 mins @ Z2 + 2 x (10 mins @ high Z3 w/ 5 mins @ Z2) + 1 x 15 mins @ Z2 Aerobic...</p> <p> <b>S&amp;C: Explosive</b> 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</p>	<p><b>Total Duration</b> 8:08 00:00</p> <p><b>Total Training Stress Score</b> 423 0</p> <p><b>Bike Duration</b> 7:08 00:00</p> <p><b>Strength Duration</b> 1:00 00:00</p> <p>Distance 0.00 km</p>