

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14
<div><div></div><div>Preparation Phase Foundation - WEEK 2 AIMS of Preparation Phase - Set base strength. - Prevent peaking to early. - Prepare the body ...</div></div>	<div><div></div><div>VO2max Ride 0:38:00 47 TSS SESSION: 5 x 2 mins @ high Z5 w/ 2 mins @ Z1</div></div> <div><div></div><div>VO2max: Your VO2max is your maximal (max) rate (...)</div><div></div></div> <div><div></div><div>Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</div></div>	<div><div></div><div>S&C: Maximal 0:30:00 13 TSS SESSION: 30-45 minutes</div></div> <div><div></div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div>	<div><div></div><div>Maximal Aerobic Power Ride 0:41:00 51 TSS SESSION: 5 x 3 mins @ low Z5 w/ 90 secs @ Z1</div></div> <div><div></div><div>Maximal Aerobic Power: MAP intervals look to inc...</div><div></div></div> <div><div></div><div>Training Workout Videos 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>Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div></div>	<div><div></div><div>Aerobic Endurance Ride 2:45:00 122 TSS SESSION: 1 x 2:25 hours @ Z2</div></div> <div><div></div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div><div></div></div> <div><div></div><div>Coaching Advice During these Sunday endurance rides it would be a good idea to increase leg strength when on the ...</div></div>	<div><div></div><div>Aerobic Endurance Ride 1:00:00 41 TSS SESSION: 1 x 40 mins @ Z2</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>S&C: Maximal 0:30:00 13 TSS SESSION: 30-45 minutes</div></div> <div><div></div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div>	<div><div>Total Duration</div><div>6:04 00:00</div></div> <div><div>Total Training Stress Score</div><div>286 0</div></div> <div><div>Bike Duration</div><div>5:04 00:00</div></div> <div><div>Strength Duration</div><div>1:00 00:00</div></div> <div><div></div><div>Distance 0.00 km</div></div>