

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 11	Day 71	72	73	74	75	76	77	SUMMARY
	<div><div>🕒</div><div>Accumulation Phase Volume - WEEK 11</div><div><div>🚴</div><div>Threshold Ride</div><div>0:54:00 68 TSS</div><div>SESSION: 3 x 10 mins @ Z4 w/ 2 mins @ Z1</div><div>Threshold: Your threshold refers to the intensity at...</div></div></div>	<div><div>🚴</div><div>Aerobic Endurance Ride</div><div>1:00:00 41 TSS</div><div>SESSION: 1 x 40 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div> <div><div>↔</div><div>S&C: Strength</div><div>0:30:00 13 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div>	<div><div>🚴</div><div>Aerobic Threshold Ride</div><div>1:02:00 48 TSS</div><div>SESSION: 3 x 13 mins @ high Z2 w/ 90 secs @ Z1</div><div>Aerobic Threshold: Your AeT is generally consi...</div></div>	<div><div>🚴</div><div>Tempo Ride</div><div>1:04:30 71 TSS</div><div>SESSION: 3 x 13:30 mins @ Low Z3 w/ 2 mins @ Z2</div><div>Tempo: At this intensity the body begins to r...</div></div> <div><div>↕</div><div>S&C: Strength</div><div>0:30:00 13 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</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>Aerobic Endurance Ride</div><div>4:45:00 215 TSS</div><div>SESSION: 1 x 4:25 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div>	<div><div>🚴</div><div>Aerobic Endurance Ride</div><div>2:00:00 88 TSS</div><div>SESSION: 1 x 1:40 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div>	<div><div>Total Duration</div><div>11:45 00:00</div></div> <div><div>Total Training Stress Score</div><div>555 0</div></div> <div><div>Bike Duration</div><div>10:45 00:00</div></div> <div><div>Strength Duration</div><div>1:00 00:00</div></div> <div><div>Distance</div><div>0.00 km</div></div>