	MON	TUE	WED	THU	FRI	SAT	SUN	>	SUMMARY

Week 21 | Day 141 | 142 | 143 | 144 | 145 | 146 | 147

MON — Day 141

Accumulation Phase | Volume - WEEK 21
P: Email: info@breakawaycoachingandanalytics.com

Threshold Ride
1:00:00
78 TSS
SESSION:
3 x 12 mins @ Z4 w/ 2 mins @ Z1

Threshold: Your threshold refers to the intensity at...
P: Coaching Advice: Make sure your effort is consistent throughout the intervals. Do not ride ...

TUE — 142

Aerobic Threshold Ride
0:50:00
37 TSS
SESSION:
3 x 9 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consid...
P: Coaching Advice: These workouts are a good chance to test your Efficiency Factor (EF). Highlight ...

S&C: Strength
0:30:00
13 TSS
SESSION:
30-45 minutes

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...

WED — 143

Aerobic Endurance Ride
1:30:00
64 TSS
SESSION:
1 x 70 mins @ Z2

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 ...

THU — 144

VO2max Ride
0:48:00
70 TSS
SESSION:
5 x 4 mins @ high Z5 w/ 2 mins @ Z1

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.

S&C: Strength
0:30:00
13 TSS
SESSION:
30-45 minutes

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...

FRI — 145

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...

Training Video: Supplementation for Athletes
Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...
P: Email: info@breakawaycoachingandanalytics.com

SAT — 146

Aerobic Endurance Ride
4:30:00
203 TSS
SESSION:
1 x 4:10 hours @ Z2

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 ...

SUN — 147

Aerobic Endurance Ride
2:45:00
122 TSS
SESSION:
1 x 2:25 hours @ Z2

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 ...

SUMMARY

Total Duration	12:23	00:00
Total Training Stress Score	600	0
Bike Duration	11:23	00:00
Strength Duration	1:00	00:00

Distance 0.00 km