

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

Summary



Week 2

Day 8

9

10

11

12

13

14

Summary



Preparation Phase | Foundation - WEEK 2

AIMS of Preparation Phase
 - Set base strength.
 - Prevent peaking to early.
 - Prepare the body ...



VO2max Ride

0:46:45
 67 TSS
 SESSION:
 5 x 3:45 mins @ high Z5 w/ 2 mins @ Z1
 VO2max: Your VO2max is your maximal (max) rat...



Training Video: The Preparation Phase

The Preparation Phase is the first phase of training you will go through, watch the below video t...



Aerobic Threshold Ride

0:59:00
 45 TSS
 SESSION:
 3 x 12 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consi...



S&C: Maximal

0:30:00
 13 TSS
 SESSION:
 30-45 minutes

EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...



Aerobic Endurance Ride

2:00:00
 88 TSS
 SESSION:
 1 x 1:40 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...



Pre-Activity Comments

In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...



Maximal Aerobic Power Ride

0:51:00
 72 TSS
 SESSION:
 5 x 5 mins @ low Z5 w/ 90 secs @ Z1

Maximal Aerobic Power: MAP intervals look to inc...



S&C: Maximal

0:30:00
 13 TSS
 SESSION:
 30-45 minutes

EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...



Rest Day

Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...



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...



Aerobic Endurance Ride

2:00:00
 88 TSS
 SESSION:
 1 x 1:40 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...



Coaching Advice

During these Saturday endurance rides it would be a good idea to increase leg strength when on th...

Total Duration 12:07 00:00

Total Training Stress Score 587 0

Bike Duration 11:07 00:00

Strength Duration 1:00 00:00

Distance 0.00 km