

Training Plan



Week 1



Mon		Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 5	Day 29	30	31	32	33	34	35	Summary
<div><div></div><div>Transformation Phase Specificity - WEEK 5</div></div> <div><div></div><div>Step-UP-Intervals</div><div>0:58:00</div><div>72 TSS</div><div>SESSION: 3 x (8 mins @ high Z3 + 3 mins @ low Z5 + 2:30 mins @ Z1).</div><div>Step-UP: These intervals ...</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 Threshold Ride</div><div>0:47:00</div><div>34 TSS</div><div>SESSION: 3 x 8 mins @ high Z2 w/ 90 secs @ Z1</div><div>Aerobic Threshold: Your AeT is generally consid...</div></div> <div><div></div><div>S&C: Explosive</div><div>0:30:00</div><div>13 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</div></div>	<div><div></div><div>Threshold Under/Over</div><div>0:55:00</div><div>75 TSS</div><div>SESSION: 3 x (1 x 5 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 2:30 mins @ Z1)</div><div>Threshold: Yo...</div></div>	<div><div></div><div>S&C: Explosive</div><div>0:30:00</div><div>13 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...</div></div> <div><div></div><div>Training Video: Supplementation for Athletes</div><div>Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...</div></div>	<div><div></div><div>Aerobic Endurance Ride</div><div>4:00:00</div><div>180 TSS</div><div>SESSION: 1 x 3:40 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div>	<div><div></div><div>Aerobic Endurance w/ Sub-Threshold Efforts Ride</div><div>1:44:00</div><div>97 TSS</div><div>SESSION: 1 x 25 mins @ Z2 + 2 x (12 mins @ high Z3 w/ 10 mins @ Z2) + 1 x 25 mins @ Z2</div><div>Aerobi...</div></div> <div><div></div><div>Training Video: Getting Enough Sleep</div><div>Sleep is a large part of an athlete's recovery process; therefore, it is important to not neglect...</div></div>	<div><div>Total Duration</div><div>9:24 00:00</div></div> <div><div>Total Training Stress Score</div><div>483 0</div></div> <div><div>Bike Duration</div><div>8:24 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>