













	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 8	Day 50	51	52	53	54	55	56	SUMMARY
	<p> Accumulation Phase Volume - WEEK 8</p> <p> Threshold Ride 0:55:30 70 TSS SESSION: 3 x 10:30 mins @ Z4 w/ 2 mins @ Z1</p> <p>Threshold: Your threshold refers to the intensity...</p>	<p> Aerobic Threshold Ride 1:05:00 50 TSS SESSION: 3 x 14 mins @ high Z2 w/ 90 secs @ Z1</p> <p>Aerobic Threshold: Your AeT is generally consi...</p> <p> S&C: Strength 0:30:00 13 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</p>	<p> Aerobic Threshold Ride 0:59:00 45 TSS SESSION: 3 x 12 mins @ high Z2 w/ 90 secs @ Z1</p> <p>Aerobic Threshold: Your AeT is generally consi...</p> <p> Training Video: Supplementation for Athletes Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...</p>	<p> Tempo Ride 1:04:30 72 TSS SESSION: 2 x 21 mins @ Low Z3 w/ 2:30 mins @ Z2</p> <p>Tempo: At this intensity the body begins to r...</p> <p> S&C: Strength 0:30:00 13 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</p>	<p> Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p> <p> Training Video: Post Activation Potentiation Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly...</p>	<p> Aerobic Endurance Ride 4:45:00 215 TSS SESSION: 1 x 4:25 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p>	<p> Aerobic Endurance Ride 2:00:00 88 TSS SESSION: 1 x 1:40 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p>	<p>Total Duration 11:49 00:00</p> <p>Total Training Stress Score 565 0</p> <p>Bike Duration 10:49 00:00</p> <p>Strength Duration 1:00 00:00</p> <p>Distance 0.00 km</p>