

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

>

Summary

Week 2

Day 8

9

10

11

12

13

14



Preparation Phase | Foundation - WEEK 2

AIMS of Preparation Phase

- Set base strength.
- Prevent peaking to early.
- Prepare the body ...



Rest Day

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



Training Video: The Preparation Phase

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



VO2max Ride

0:38:30
51 TSS
SESSION:
5 x 2:30 mins @ high Z5 w/ 90 secs @ Z1

VO2max: Your VO2max is your maximal (max) ra...



Pre-Activity Comments

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



Aerobic Threshold Ride

1:08:30
54 TSS
SESSION:
4 x 15:30 mins @ Z2 w/ 1 mins @ Z1

Aerobic Threshold: Your AeT is generally consider...



S&C: Maximal

0:40:00
17 TSS
SESSION:
30-45 minutes

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



Maximal Aerobic Power Ride

0:44:00
60 TSS
SESSION:
5 x 4 mins @ low Z5 w/ 1 mins @ Z1

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



Training Workout Videos

The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...



Aerobic Threshold Ride

1:07:00
52 TSS
SESSION:
4 x 11 mins @ Z2 w/ 1 mins @ Z1

Aerobic Threshold: Your AeT is generally considered ...



S&C: Maximal

0:40:00
17 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...



Coaching Advice

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



Aerobic Endurance Ride

3:15:00
145 TSS
SESSION:
1 x 2:55 hours @ Z2

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

Total Duration 10:13 00:00

Total Training Stress Score 483 0

Bike Duration 8:53 00:00

Strength Duration 1:20 00:00

Distance 0.00 km