















	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	SUMMARY
	<p> <b>Preparation Phase   Foundation - WEEK 2</b> AIMS of Preparation Phase - Set base strength. - Prevent peaking to early. - Prepare the body ...</p> <p> <b>Rest Day</b> Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p> <p> <b>Training Video: The Preparation Phase</b> The Preparation Phase is the first phase of training you will go through, watch the below video t...</p>	<p> <b>VO2max Ride</b> 0:45:00 60 TSS SESSION: 5 x 3 mins @ high Z5 w/ 2:30 mins @ Z1</p> <p>VO2max: Your VO2max is your maximal (max) rat...</p> <p> <b>Pre-Activity Comments</b> In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider L...</p>	<p> <b>Aerobic Threshold Ride</b> 0:56:00 42 TSS SESSION: 3 x 11 mins @ high Z2 w/ 90 secs @ Z1</p> <p>Aerobic Threshold: Your AeT is generally consi...</p> <p> <b>S&amp;C: Maximal</b> 0:40:00 17 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</p>	<p> <b>Aerobic Threshold Ride</b> 0:57:30 44 TSS SESSION: 2 x 18 mins @ high Z2 w/ 90 secs @ Z1</p> <p>Aerobic Threshold: Your AeT is generally consi...</p> <p> <b>Training Workout Videos</b> The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the L...</p>	<p> <b>Maximal Aerobic Power Ride</b> 0:48:00 63 TSS SESSION: 5 x 4 mins @ low Z5 w/ 2 mins @ Z1</p> <p>Maximal Aerobic Power: MAP intervals look to incr...</p> <p> <b>S&amp;C: Maximal</b> 0:40:00 17 TSS SESSION: 30-45 minutes</p> <p>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</p>	<p> <b>Aerobic Endurance Ride</b> 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> <b>Coaching Advice</b> During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</p>	<p> <b>Aerobic Endurance Ride</b> 3:15:00 145 TSS SESSION: 1 x 2:55 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p>	<p><b>Total Duration</b> 10:02 00:00</p> <p><b>Total Training Stress Score</b> 476 0</p> <p><b>Bike Duration</b> 8:41 00:00</p> <p><b>Strength Duration</b> 1:20 00:00</p> <p>Distance 0.00 km</p>