



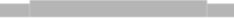


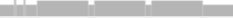

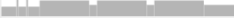




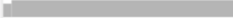

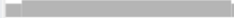


Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Day 57	58	59	60	61	62	63	SUMMARY
<p> Accumulation Phase Volume - WEEK 9</p> <p> Threshold Ride 0:57:00 73 TSS SESSION: 3 x 11 mins @ Z4 w/ 2 mins @ Z1</p> <p>Threshold: Your threshold refers to the intensity at...</p> 	<p> Aerobic Endurance Ride 1:15:00 53 TSS SESSION: 1 x 55 mins @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</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 1:03:30 49 TSS SESSION: 3 x 13:30 mins @ Z2 w/ 90 secs @ Z1</p> <p>Aerobic Threshold: Your AeT is generally conside...</p> 	<p> Tempo Ride 1:03:00 69 TSS SESSION: 3 x 13 mins @ Low Z3 w/ 2 mins @ Z2</p> <p>Tempo: At this intensity the body begins to rely...</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 2:30:00 111 TSS SESSION: 1 x 2:10 hours @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p> 	<p>Total Duration 12:34 00:00</p> <hr/> <p>Total Training Stress Score 594 0</p> <hr/> <p>Bike Duration 11:34 00:00</p> <hr/> <p>Strength Duration 1:00 00:00</p> <hr/> <p>Distance 0.00 km</p>