



| | MON | TUE | WED | THU | FRI | SAT | SUN | > | SUMMARY |
|--|-----|-----|-----|-----|-----|-----|-----|---|---------|
|--|-----|-----|-----|-----|-----|-----|-----|---|---------|

| | | | | | | | | | |
|--------|--------|----|----|----|----|----|----|--|--|
| Week 3 | Day 15 | 16 | 17 | 18 | 19 | 20 | 21 | | |
|--------|--------|----|----|----|----|----|----|--|--|


 **Accumulation Phase | Volume - WEEK 3**
P: Email: info@breakawaycoachingandanalytics.com


 **Rest Day**
Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...
P: Coaching Advice: Consider trying to increase your flexibility to help your recovery with the belo...

 **Maximal Aerobic Power Ride**
0:51:00
72 TSS
SESSION:
5 x 5 mins @ low Z5 w/ 90 secs @ Z1

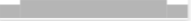
Maximal Aerobic Power: MAP intervals look to inc...
P: Coaching Advice: MAP intervals push you quite hard, therefore you should find a trigger that will...





 **S&C: Strength**
0:30:00
13 TSS
SESSION:
30-45 minutes
EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...
P: Do not complete any exercises that may result in injury e.g., if you have a bad back squatting ma...

 **Aerobic Endurance Ride**
1:30:00
64 TSS
SESSION:
1 x 1:10 hours @ Z2

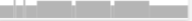
Aerobic Endurance: Training by this nature uses oxygen, fats, an...
P: Coaching Advice: Having an intensity discipline will be important for rides like these. Have the ...





 **Training Video: Training in Zone 2**
A lot of the training plan is based around working in zone 2. The linked video provides you with ...
P: Email: info@breakawaycoachingandanalytics.com

 **Aerobic Threshold Ride**
0:49:00
36 TSS
SESSION:
3 x 9 mins @ high Z2 w/ 1 mins @ Z1

Aerobic Threshold: Your AeT is generally conside...
P: Coaching Advice: These workouts are a good chance to test your Efficiency Factor (EF). Highlight ...





 **S&C: Strength**
0:30:00
13 TSS
SESSION:
30-45 minutes
EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...
P: Do not complete any exercises that may result in injury e.g., if you have a bad back squatting ma...

 **Under/Over Intervals**
0:57:00
78 TSS
SESSION:
3 x (6 x 1 min @ Z5 w/ 1 mins @ Z4 + 3 mins @ Z1)

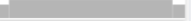
Threshold: Your threshold refers t...
P: Coaching Advice: Remain seated when accelerating to zone 5 from zone 4.




 **Training Video: Post Workout Fuelling**
To help you recover after training workouts 90 minutes or longer (or high intensity 60 minute wor...
P: Email: info@breakawaycoachingandanalytics.com

 **Aerobic Endurance Ride**
2:30:00
111 TSS
SESSION:
1 x 2:10 hours @ Z2

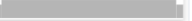
Aerobic Endurance: Training by this nature uses oxygen, fats, an...
P: Coaching Advice: Having an intensity discipline will be important for rides like these. Have the ...




 **Training Video: Post Workout Fuelling**
To help you recover after training workouts 90 minutes or longer (or high intensity 60 minute wor...
P: Email: info@breakawaycoachingandanalytics.com

 **Aerobic Endurance Ride**
4:30:00
203 TSS
SESSION:
1 x 4:10 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...
P: Coaching Advice: Having an intensity discipline will be important for rides like these. Have the ...



 **Training Video: Strength Training Guide**
FAQs are covered in the below strength training video to help you understand how to complete your...
P: Email: info@breakawaycoachingandanalytics.com

| | |
|------------------------------------|-------------|
| Total Duration | 12:07 00:00 |
| Total Training Stress Score | 589 0 |
| Bike Duration | 11:07 00:00 |
| Strength Duration | 1:00 00:00 |

Distance 0.00 km