



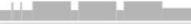


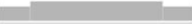





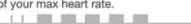


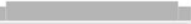


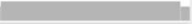


	MON	TUE	WED	THU	FRI	SAT	SUN	>	SUMMARY
Week 2	Day 8	9	10	11	12	13	14		
	<p> Accumulation Phase Volume - WEEK 2 AIMS of Accumulation Phase - Build base endurance. - Gain lots of zone 2 work. - Prepare body ... P: Email: info@breakawaycoachingandanalytics.com</p> <p> Rest Day Rest Day: On rest days you 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...</p> <p> Training Video: The Accumulation Phase The Accumulation phase will often be the longest phase during your training plan. As a result BCA... P: Email: info@breakawaycoachingandanalytics.com</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: Coaching Advice: Make sure your effort level is consistent throughout the intervals. Do not ride ...</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: Do not complete any exercises that may result in injury e.g., if you have a bad back squatting ma...</p>	<p> Aerobic Endurance Ride 1:00:00 41 TSS SESSION: 1 x 40 mins @ Z2</p> <p>Aerobic Endurance: Training by this nature uses oxygen, fats, and g... P: Coaching Advice: Having an intensity discipline will be important for rides like these. Have the ...</p>  <p> Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</p>	<p> Aerobic Threshold Ride 0:49:00 36 TSS SESSION: 3 x 9 mins @ high Z2 w/ 1 mins @ Z1</p> <p>Aerobic Threshold: Your AeT is generally conside... P: Coaching Advice: These workouts are a good chance to test your Efficiency Factor (EF). Highlight ...</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: Do not complete any exercises that may result in injury e.g., if you have a bad back squatting ma...</p>	<p> VO2max Ride 0:45:30 64 TSS SESSION: 5 x 3:30 mins @ high Z5 w/ 2 mins @ Z1</p> <p>VO2max: Your VO2max is your maximal (max) rat... P: Coaching Advice: Aim to increase your heart rate so it reaches 90-95% of your max heart rate.</p>  <p> Training Workout Videos The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</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: Coaching Advice: Having an intensity discipline will be important for rides like these. Have the ...</p>  <p> Coaching Advice During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</p>	<p> Aerobic Endurance Ride 3:30:00 157 TSS SESSION: 1 x 3:10 hours @ Z2</p> <p>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 ...</p> 		<p>Total Duration 10:31 00:00</p> <hr/> <p>Total Training Stress Score 507 0</p> <hr/> <p>Bike Duration 9:31 00:00</p> <hr/> <p>Strength Duration 1:00 00:00</p> <hr/> <p>Distance 0.00 km</p>