

Mon		Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	Summary
<div><div>🕒</div><div>Accumulation Phase Volume - WEEK 2</div><div>AIMS of Accumulation Phase<ul style="list-style-type: none">- Build base endurance.- Gain lots of zone 2 work.- Prepare body ...</div></div> <div><div>🏠</div><div>Rest Day</div><div>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div></div> <div><div>🕒</div><div>Training Video: The Accumulation Phase</div><div>The Accumulation phase will often be the longest phase during your training plan. As a result BCA...</div></div>		<div><div>🚴</div><div>Maximal Aerobic Power Ride</div><div>0:43:00 52 TSS</div><div>SESSION: 5 x 3 mins @ low Z5 w/ 2 mins @ Z1</div></div> <div>Maximal Aerobic Power: MAP intervals look to incr...<div></div></div> <div><div>↔</div><div>S&C: Strength</div><div>0:30:00 13 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div>	<div><div>🏠</div><div>Rest Day</div><div>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div></div> <div><div>🕒</div><div>Pre-Activity Comments</div><div>In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</div></div>	<div><div>🚴</div><div>Sub-Threshold Ride</div><div>0:48:30 55 TSS</div><div>SESSION: 2 x 13 mins @ High Z3 w/ 2:30 mins @ Z1</div></div> <div>Sub-Threshold: These intervals are similar t...<div></div></div> <div></div>	<div><div>↔</div><div>S&C: Strength</div><div>0:30:00 13 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div> <div><div>🕒</div><div>Training Workout Videos</div><div>The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</div></div>	<div><div>🚴</div><div>Aerobic Endurance Ride</div><div>3:30:00 157 TSS</div><div>SESSION: 1 x 3:10 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div>	<div><div>🚴</div><div>Aerobic Endurance Ride</div><div>1:00:00 41 TSS</div><div>SESSION: 1 x 40 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div> <div><div>🕒</div><div>Training Video: Post Workout Fuelling</div><div>To help you recover after training workouts 90 minutes or longer (or high intensity 60 minute wor...</div></div>	<div><div>Total Duration</div><div>7:02 00:00</div></div> <div><div>Total Training Stress Score</div><div>330 0</div></div> <div><div>Bike Duration</div><div>6:02 00:00</div></div> <div><div>Strength Duration</div><div>1:00 00:00</div></div> <div><div>Distance</div><div>0.00 km</div></div>