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TUE

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SUMMARY

Week 12

Day 78

79

80

81

82

83

84



### Accumulation Phase | Volume - WEEK 12

P: Email: info@breakawaycoachingandanalytcs.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...



### Under/Over Intervals

0:59:00

82 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.



### 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 ...



### 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 consid...  
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...



### Maximal Aerobic Power Ride

0:53:30

77 TSS

SESSION:  
5 x 5:30 mins @ low Z5 w/ 90 secs @ Z1

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



### Training Video: Supplementation for Athletes

Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...  
P: Email: info@breakawaycoachingandanalytcs.com



### Aerobic Endurance Ride

3:00:00

134 TSS

SESSION:  
1 x 2:40 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 ...



### 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 ...



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Total Duration 12:41 00:00

Total Training Stress Score 621 0

Bike Duration 11:41 00:00

Strength Duration 1:00 00:00

Distance 0.00 km