

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

Summary



Week 2

Day 8

9

10

11

12

13

14

Summary

**Preparation Phase | Foundation - WEEK 2**

AIMS of Preparation Phase
 - Set base strength.
 - Prevent peaking to early.
 - Prepare the body ...

**Rest Day**

Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...

**Training Video: The Preparation Phase**

The Preparation Phase is the first phase of training you will go through, watch the below video t...

**VO2max Ride**

0:43:00
59 TSS
 SESSION:
 5 x 3 mins @ high Z5 w/ 2 mins @ Z1

VO2max: Your VO2max is your maximal (max) rate (...)

**Pre-Activity Comments**

In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...

**Aerobic Endurance Ride**

2:00:00
88 TSS
 SESSION:
 1 x 1:40 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...

**S&C: Maximal**

0:30:00
13 TSS
 SESSION:
 30-45 minutes

EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...

**Aerobic Threshold Ride**

0:50:00
37 TSS
 SESSION:
 3 x 9 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consid...

**Training Workout Videos**

The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...

**Maximal Aerobic Power Ride**

0:47:15
64 TSS
 SESSION:
 5 x 4:15 mins @ low Z5 w/ 90 secs @ Z1

Maximal Aerobic Power: MAP intervals look to ...

**S&C: Maximal**

0:30:00
13 TSS
 SESSION:
 30-45 minutes

EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...

**Aerobic Endurance Ride**

2:00:00
88 TSS
 SESSION:
 1 x 1:40 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...

**Aerobic Endurance Ride**

3:30:00
157 TSS
 SESSION:
 1 x 3:10 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...

**Coaching Advice**

During these Saturday endurance rides it would be a good idea to increase leg strength when on th...

Total Duration 10:50 **00:00**

Total Training Stress Score 517 **0**

Bike Duration 9:50 **00:00**

Strength Duration 1:00 **00:00**

Distance **0.00** km