

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 14	Day 92	93	94	95	96	97	98	Summary
	<div><div></div><div>Accumulation Phase   Volume - WEEK 14</div></div> <div><div></div><div><b>Threshold Ride</b> 0:51:00 63 TSS SESSION: 3 x 9 mins @ Z4 w/ 2 mins @ Z1  Threshold: Your threshold refers to the intensity at ...</div></div>	<div><div></div><div>Rest Day</div></div> <div>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div>	<div><div></div><div><b>Aerobic Threshold Ride</b> 1:15:00 59 TSS SESSION: 3 x 17 mins @ high Z2 w/ 2 mins @ Z1  Aerobic Threshold: Your AeT is generally consid...</div></div> <div><div></div><div><b>S&amp;C: Strength</b> 0:30:00 13 TSS SESSION: 30-45 minutes  EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div>	<div><div></div><div><b>Tempo Ride</b> 0:57:00 61 TSS SESSION: 2 x 16:30 mins @ Low Z3 w/ 3 mins @ Z2  Tempo: At this intensity the body begins to r...</div></div>	<div><div></div><div><b>S&amp;C: Strength</b> 0:30:00 13 TSS SESSION: 30-45 minutes  EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div> <div><div></div><div><b>Training Video: Supplementation for Athletes</b> Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...</div></div>	<div><div></div><div><b>Aerobic Endurance Ride</b> 4:30:00 203 TSS SESSION: 1 x 4:10 hours @ Z2  Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div>	<div><div></div><div><b>Aerobic Endurance Ride</b> 1:30:00 64 TSS SESSION: 1 x 1:10 hours @ Z2  Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div>	<div><div>Total Duration</div><div>10:0300:00</div></div> <div><div>Total Training Stress Score</div><div>4760</div></div> <div><div>Bike Duration</div><div>9:0300:00</div></div> <div><div>Strength Duration</div><div>1:0000:00</div></div> <div><div>Distance</div><div>0.00 km</div></div>