

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

Summary



Week 16

Day 106

107

108

109

110

111

112

Summary



## Accumulation Phase | Volume - WEEK 16



## Rest Day

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



## Sub-Threshold Ride

1:06:00

81 TSS

SESSION:

2 x 22 mins @ High Z3 w/ 2 mins @ Z1

Sub-Threshold: These intervals are similar to '...



## S&amp;C: Strength

0:30:00

13 TSS

SESSION:

30-45 minutes

EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...



## Aerobic Endurance Ride

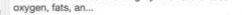
2:00:00

88 TSS

SESSION:

1 x 1:40 hours @ Z2

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



## Maximal Aerobic Power Ride

0:50:15

73 TSS

SESSION:

5 x 5:15 mins @ low Z5 w/ 1 mins @ Z1

Maximal Aerobic Power: MAP intervals look to i...



## Training Video: Supplementation for Athletes

Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...



## Aerobic Threshold Ride

1:14:00

58 TSS

SESSION:

3 x 17 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consi...



## S&amp;C: Strength

0:30:00

13 TSS

SESSION:

30-45 minutes

EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...



## Aerobic Endurance Ride

5:30:00

250 TSS

SESSION:

1 x 5:10 hours @ Z2

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



## Aerobic Endurance Ride

2:30:00

111 TSS

SESSION:

1 x 2:10 hours @ Z2

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



Total Duration 14:10 00:00

Total Training Stress Score 685 0

Bike Duration 13:10 00:00

Strength Duration 1:00 00:00

Distance 0.00 km