

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	Summary
	<div><div><div></div><div><div>Accumulation Phase   Volume - WEEK 2</div><div>AIMS of Accumulation Phase<ul style="list-style-type: none"><li>- Build base endurance.</li><li>- Gain lots of zone 2 work.</li><li>- Prepare body ...</li></ul></div></div></div><div><div><div></div><div><div>VO2max Ride</div><div>0:43:00 59 TSS</div><div>SESSION: 5 x 3 mins @ high Z5 w/ 2 mins @ Z1</div><div>VO2max: Your VO2max is your maximal (max) rate (...)</div></div></div><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>	<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></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><div><div></div><div><div>Aerobic Threshold Ride</div><div>0:53:00 40 TSS</div><div>SESSION: 3 x 10 mins @ high Z2 w/ 90 secs @ Z1</div><div>Aerobic Threshold: Your AeT is generally consi...</div></div></div><div><div><div></div><div><div>S&amp;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><div><div></div><div><div>Sub-Threshold Ride</div><div>0:52:30 61 TSS</div><div>SESSION: 2 x 15 mins @ High Z3 w/ 2:30 mins @ Z1</div><div>Sub-Threshold: These intervals are similar t...</div></div></div><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><div><div></div><div><div>S&amp;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><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></div><div><div>Training Video: Training in Zone 2</div><div>A lot of the training plan is based around working in zone 2. The linked video provides you with ...</div></div></div></div></div>	<div><div><div></div><div><div>Aerobic Endurance Ride</div><div>1:30:00 64 TSS</div><div>SESSION: 1 x 1:10 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div></div><div><div><div></div><div><div>Coaching Advice</div><div>During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</div></div></div></div></div>	<div>Total Duration<div>8:28 00:00</div></div> <div>Total Training Stress Score<div>406 0</div></div> <div>Bike Duration<div>7:28 00:00</div></div> <div>Strength Duration<div>1:00 00:00</div></div> <div>Distance<div>0.00 km</div></div>