

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

Summary



Week 2

Day 8

9

10

11

12

13

14

Summary

**Accumulation Phase | Volume - WEEK 2**

AIMS of Accumulation Phase
 - Build base endurance.
 - Gain lots of zone 2 work.
 - Prepare body ...

**Rest Day**

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

**Training Video: The Accumulation Phase**

The Accumulation phase will often be the longest phase during your training plan. As a result BCA...

**Maximal Aerobic Power Ride**

0:46:30
65 TSS
 SESSION:
 5 x 4:30 mins @ low Z5 w/ 1 mins @ Z1

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

**Pre-Activity Comments**

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

**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: Strength**

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

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

**Sub-Threshold Ride**

1:04:00
78 TSS
 SESSION:
 2 x 21 mins @ High Z3 w/ 2 mins @ Z1

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

**Training Workout Videos**

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

**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...

**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...

**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...

**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...

**Coaching Advice**

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

Total Duration 12:41 **00:00**

Total Training Stress Score 607 **0**

Bike Duration 11:41 **00:00**

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

Distance **0.00** km