

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Summary |
|--------|---|---|--|--|--|--|--|--|
| Week 2 | Day 8 | 9 | 10 | 11 | 12 | 13 | 14 | SUMMARY |
| | <div><div>🕒</div><div>Preparation Phase Foundation - WEEK 2</div><div>AIMS of Preparation Phase<ul style="list-style-type: none">- Set base strength.- Prevent peaking to early.- Prepare the body ...</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>Training Video: The Preparation Phase</div><div>The Preparation Phase is the first phase of training you will go through, watch the below video t...</div></div> | <div><div>🚲</div><div>VO2max Ride</div><div>0:41:45 56 TSS</div><div>SESSION: 5 x 2:45 mins @ high Z5 w/ 2 mins @ Z1</div></div> <div><div>VO2max: Your VO2max is your maximal (max) rat...</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>Aerobic Threshold Ride</div><div>1:00:30 46 TSS</div><div>SESSION: 3 x 9 mins @ Z2 w/ 90 secs @ Z1</div></div> <div><div>Aerobic Threshold: Your AeT is generally considered ...</div><div></div></div> <div><div>↔</div><div>S&C: Maximal</div><div>0:40:00 17 TSS</div><div>SESSION: 30-45 minutes</div></div> <div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div> | <div><div>🚲</div><div>Aerobic Threshold Ride</div><div>0:53:30 41 TSS</div><div>SESSION: 2 x 16 mins @ Z2 w/ 90 secs @ Z1</div></div> <div><div>Aerobic Threshold: Your AeT is generally considered...</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>Maximal Aerobic Power Ride</div><div>0:43:30 56 TSS</div><div>SESSION: 5 x 3:30 mins @ low Z5 w/ 90 secs @ Z1</div></div> <div><div>Maximal Aerobic Power: MAP intervals look to ...</div><div></div></div> <div><div>↔</div><div>S&C: Maximal</div><div>0:40:00 17 TSS</div><div>SESSION: 30-45 minutes</div></div> <div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div> | <div><div>🚲</div><div>Aerobic Endurance Ride</div><div>2:00:00 88 TSS</div><div>SESSION: 1 x 1:40 hours @ Z2</div></div> <div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</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>Aerobic Endurance Ride</div><div>3:00:00 134 TSS</div><div>SESSION: 1 x 2:40 hours @ Z2</div></div> <div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div><div></div></div> <div></div> | <div><div>Total Duration</div><div>9:39 00:00</div></div> <div><div>Total Training Stress Score</div><div>453 0</div></div> <div><div>Bike Duration</div><div>8:19 00:00</div></div> <div><div>Strength Duration</div><div>1:20 00:00</div></div> <div><div>Distance</div><div>0.00 km</div></div> |