

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

Summary



Week 3

Day 15

16

17

18

19

20

21

Summary



Accumulation Phase | Volume - WEEK 3



Rest Day

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



Maximal Aerobic Power Ride

0:49:00
70 TSS
SESSION:
5 x 5 mins @ low Z5 w/ 1 mins @ Z1

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



Training Video: Post Workout Fuelling

To help you recover after training workouts 90 minutes or longer (or high intensity 60 minute wor...



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

1:06:00
81 TSS
SESSION:
2 x 22 mins @ High Z3 w/ 2 mins @ Z1

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



Aerobic Threshold Ride

0:53:00
40 TSS
SESSION:
3 x 10 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consi...



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

5:00:00
226 TSS
SESSION:
1 x 4:40 hours @ Z2

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



Training Video: Training in Zone 2

A lot of the training plan is based around working in zone 2. The linked video provides you with ...



Aerobic Endurance Ride

2:15:00
99 TSS
SESSION:
1 x 1:55 hours @ Z2

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



Total Duration 13:03 00:00

Total Training Stress Score 629 0

Bike Duration 12:03 00:00

Strength Duration 1:00 00:00

Distance 0.00 km