















Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2 Day 8	9	10	11	12	13	14	Summary
<p> Accumulation Phase Volume - WEEK 2 AIMS of Accumulation Phase - Build base endurance. - Gain lots of zone 2 work. - Prepare body ...</p> <p> VO2max Ride 0:47:30 66 TSS SESSION: 5 x 3:30 mins @ high Z5 w/ 2:30 mins @ Z1 VO2max: Your VO2max is your maximal (max) ...</p> <p> Training Video: The Accumulation Phase The Accumulation phase will often be the longest phase during your training plan. As a result BCA...</p>	<p> 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...</p> <p> 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...</p>	<p> 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...</p> <p> Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</p>	<p> Sub-Threshold Ride 1:03:00 76 TSS SESSION: 2 x 20 mins @ High Z3 w/ 3 mins @ Z1 Sub-Threshold: These intervals are similar to '...</p> <p> 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...</p>	<p> Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</p> <p> Training Workout Videos The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</p>	<p> Aerobic Endurance Ride 4:15:00 192 TSS SESSION: 1 x 3:55 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...</p>	<p> 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...</p> <p> Coaching Advice During these Saturday endurance rides it would be a good idea to increase leg strength when on th...</p>	<p>Total Duration 11:58 00:00</p> <p>Total Training Stress Score 574 0</p> <p>Bike Duration 10:58 00:00</p> <p>Strength Duration 1:00 00:00</p> <p>Distance 0.00 km</p>