

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 17 Day 113 Transformation Phase Specificity - WEEK 17 <hr/> Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...	114 Step-UP-Intervals 0:53:30 66 TSS SESSION: 3 x (6:30 mins @ high Z3 + 3 mins @ low Z5 + 2:30 mins @ Z1). Step-UP: These interva... S&C: Explosive 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...	115 Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...	116 Threshold Under/Over 0:50:30 68 TSS SESSION: 3 x (1 x 3:30 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 2:30 mins @ Z1) Threshold:... 	117 S&C: Explosive 0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...	118 Aerobic Endurance Ride 4:00:00 180 TSS SESSION: 1 x 3:40 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an... Training Video: Getting Enough Sleep Sleep is a large part of an athlete's recovery process; therefore, it is important to not neglect...	119 Aerobic Endurance w/ Sub-Threshold Efforts Ride 1:19:00 77 TSS SESSION: 1 x 15 mins @ Z2 + 2 x (12 mins @ high Z3 w/ 5 mins @ Z2) + 1 x 15 mins @ Z2 Aerobic... 	Summary <hr/> Total Duration 8:03 00:00 <hr/> Total Training Stress Score 416 0 <hr/> Bike Duration 7:03 00:00 <hr/> Strength Duration 1:00 00:00 <hr/> Distance 0.00 km