

Transformation Phase Specificity - WEEK 12 Rest Day Rest Day Contract days you should try to keep away from any intensity physical activity, however		Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary	=
Transformation Phase Specificity - WEK 12 Rest Day Res	Week 12	Day 78	79	80	81	82	83	84	Summary	
Rest Day: On rest days you should try to keep away from any intensity physical activity. However, we from any intensity physical activity. However, and the propagation of the propagati		6	<u> </u>	<i>8</i> %	<i>8</i> 6	+	ĕ6	<i>8</i> %	Total Duration	10:04 00:00
## 3 # 75 # 75 # 75 # 75 # 75 # 75 # 75		WEEK 12	Rest Day: On rest days you should try to keep away	0:47:00 34 TSS SESSION:	0:55:00 75 T85 SESSION: 3 x (1 x 5 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 2:30 mins @ Z1) Threshold: Yo	0:30:00 13 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done	4:30:00 203 TSS SESSION:	Efforts Ride 1:54:00 105 TSS SESSION: 1 x 30 mins © 72 + 2 x (12 mins © high Z3 w/ 10 mins © Z2) + 1 x 30 mins © 22	Total Training Stress Score	514 0
SESSION: 3 kep-UP-Intervals 0.58:00 72 TSS SESSION: 3 x 8 mins @ high 22 w/ 90 secs @ 21 Acrobic Threshold: Your AeT is generally consid **Training Video: Data Analysis As you are now in the final 3 weeks of your programme you are eligible for data analysis. If you mins @ 21). Step-UP- These intervals SESSION: 3 x 8 mins @ high 23 + 3 mins @ low Z5 + 2:30 mins @ 10 w Z5 + 2:30 mins @ 21). Step-UP- Threse intervals SESSION: 3 x 8 mins @ high 22 w/ 90 secs @ 21 Acrobic Threshold: Your AeT is generally consid Threshold: You. SESSION: 3 x 8 mins @ 22 + 3 x 1 min @ 25 w/ 1 mins @ 24 + 3 x 1 min @ 25 w/ 1 mins @ 24 + 3 x 1 min @ 25 w/ 1 mins @ 24 + 3 x 1 min @ 25 w/ 1 mins @ 24 + 2 x (12 mins @ high 23 w/ 10 mins @ 22 + 2 x (12 mins @ high 23 w/ 10 mins @ 22) + 1 x 30 mins @ 22 + 2 x (12 mins @ high 23 w/ 10 mins @ 22) + 1 x 30 mins @ 22 + 2 x (12 mins @ high 23 w/ 10 mins @ 22) + 1 x 30 mins @ 22 + 2 x (12 mins @ high 23 w/ 10 mins @ 22) + 2 x (12 min									Bike Duration	9:04 00:00
Step-UP-Intervals 0.58:00 72 TSS SESSION: 3 x (8 mins 6 Pin) F. These intervals Step-UP-P. These intervals Step-UP-Intervals 0.58:00 0.58:00 0.58:00 Training Video: Data Analysis As you are now in the final 3 weeks of your programme you are eligible for data analysis. If you Step-UP- These intervals Step-UP- These		<i>&</i> 6							Strength Duration	1:00 00:00
		Step-UP-Intervals 0.58:00 72 TSS SESSION: 3 x (8 mins @ high 23 + 3 mins @ low Z5 + 2:30 mins @ 21). Step-UP: Those intervals	Training Video: Data Analysis As you are now in the final 3 weeks of your	Aerobic Threshold: Your AeT is generally consid ** S&C: Explosive 0.30:00 13 T\$S SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done			Aerobic Endurance: Training by this nature uses oxygen, fats, an Training Video: Getting Enough Sleep Sleep is a large part of an attlete's recovery			