





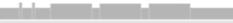











| Mon | Tues | Wed | Thurs | Fri | Sat | Sun | Summary |
|--|---|---|--|---|---|--|--|
| Week 12 Day 78  Transformation Phase Specificity - WEEK 12  Step-UP-Intervals 0:58:00 72 TSS SESSION: 3 x (8 mins @ high Z3 + 3 mins @ low Z5 + 2:30 mins @ Z1). Step-UP: These intervals ...  |  Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However, ...  Training Video: Data Analysis As you are now in the final 3 weeks of your programme you are eligible for data analysis. If you |  Aerobic Threshold Ride 0:47:00 34 TSS SESSION: 3 x 8 mins @ high Z2 w/ 90 secs @ Z1 Aerobic Threshold: Your AeT is generally consid...   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... |  Threshold Under/Over 0:55:00 75 TSS SESSION: 3 x (1 x 5 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 2:30 mins @ Z1) Threshold: Yo...  |  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... |  Aerobic Endurance Ride 4:30:00 203 TSS SESSION: 1 x 4:10 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... |  Aerobic Endurance w/ Sub-Threshold Efforts Ride 1:54:00 105 TSS SESSION: 1 x 30 mins @ Z2 + 2 x (12 mins @ high Z3 w/ 10 mins @ Z2) + 1 x 30 mins @ Z2 Aerobi...  | Summary Summary Total Duration 10:04 00:00 Total Training Stress Score 514 0 Bike Duration 9:04 00:00 Strength Duration 1:00 00:00 Distance 0.00 km |