

Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
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Week 4

Day 22	23	24	25	26	27	28	Summary
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Accumulation Phase | Volume - WEEK 4

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...

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

2:00:00
88 TSS

SESSION:
1 x 1:40 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 ...

Sub-Threshold Ride

1:08:00
84 TSS

SESSION:
2 x 23 mins @ High Z3 w/ 2 mins @ Z1

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

Aerobic Threshold Ride

0:59:00
45 TSS

SESSION:
3 x 12 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

5:30:00
250 TSS

SESSION:
1 x 5:10 hours @ Z2

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

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...

Training Video: Post Workout Fuelling

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

Total Duration	13:26 00:00
Total Training Stress Score	649 0
Bike Duration	12:26 00:00
Strength Duration	1:00 00:00

Distance **0.00** km