

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

Summary



Week 5

Day 29

30

31

32

33

34

35

Summary



## Accumulation Phase | Volume - WEEK 5



## Threshold Ride

1:00:00

78 TSS

SESSION:

3 x 12 mins @ Z4 w/ 2 mins @ Z1

Threshold: Your threshold refers to the intensity at...



## 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&amp;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: Halfway

Great job for getting halfway through the plan, keep up the good work. In case you want to revisi...



## Tempo Ride

1:06:00

74 TSS

SESSION:

2 x 22 mins @ Low Z3 w/ 2 mins @ Z2

Tempo: At this intensity the body begins to rely...



## S&amp;C: Strength

0:30:00

13 TSS

SESSION:

30-45 minutes

EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...



## Rest Day

Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...



## Training Video: Post Activation Potentiation

Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly...



## Aerobic Endurance Ride

5:00:00

226 TSS

SESSION:

1 x 4:40 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...

Total Duration 13:05 00:00

Total Training Stress Score 623 0

Bike Duration 12:05 00:00

Strength Duration 1:00 00:00

Distance 0.00 km