

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

Summary



Week 8

Day 50

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Summary



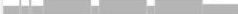
Accumulation Phase | Volume - WEEK 8



Threshold Ride

1:00:00
78 TSS
SESSION:
3 x 12 mins @ Z4 w/ 2 mins @ Z1

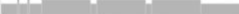
Threshold: Your threshold refers to the intensity at...



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&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...



Tempo Ride

1:07:00
75 TSS
SESSION:
2 x 22 mins @ Low Z3 w/ 3 mins @ Z2

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



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...



Rest Day

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



Training Video: Supplementation for Athletes

Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...



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	13:06 00:00
Total Training Stress Score	624 0
Bike Duration	12:06 00:00
Strength Duration	1:00 00:00

Distance 0.00 km