

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

Summary



Week 4

Day 22

23

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25

26

27

28

Summary



Transformation Phase | Specificity - WEEK 4

AIMS of Transformation Phase
 - Teach the body event demands.
 - Exceed race demands.
 - Maintai...



Step-UP-Intervals

1:05:00
 82 TSS
 SESSION:
 3 x (10 mins @ high Z3 + 3 mins @ low Z5 + 3 mins @ Z1).

Step-UP: These intervals im...



Training Video: The Transformation Phase

The penultimate phase of training is when you get the most event specific workouts. Find out how ...



Aerobic Threshold Ride

0:53:00
 40 TSS
 SESSION:
 3 x 10 mins @ high Z2 w/ 90 secs @ Z1

Aerobic Threshold: Your AeT is generally consi...



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

1:30:00
 64 TSS
 SESSION:
 1 x 1:10 hours @ Z2

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



Training Video: Post Activation Potentiation

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



Threshold Under/Over

1:00:30
 83 TSS
 SESSION:
 3 x (1 x 6:30 mins @ Z4 + 3 x 1 min @ Z5 w/ 1 mins @ Z4 + 3 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...



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...



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 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: Strength Training Guide

FAQs are covered in the below strength training video to help you understand how to complete your...

Total Duration 12:28 00:00

Total Training Stress Score 608 0

Bike Duration 11:28 00:00

Strength Duration 1:00 00:00

Distance 0.00 km