

Monday

Tuesday

Wednesday

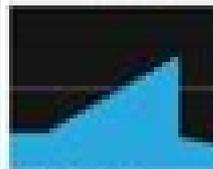
Thursday

Friday

Saturday

Sunday

WEEK 1

7:55
HOURS
404
TSS**Ramp Test**

Fitness Assessment

02:25 34 0.91
DURATION TSS μ^2 **Bald Knob -2**

Endurance 11

01:00 28 0.53
DURATION TSS μ^2 **Starlight**

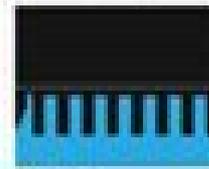
Threshold 4.2

02:00 120 0.78
DURATION TSS μ^2 **Petit -1**

Endurance 15

01:00 37 0.52
DURATION TSS μ^2 **Joe Devel +2**

Anaerobic 5.2

01:30 95 0.79
DURATION TSS μ^2 **Kabati**

Sweet Spot 3.8

02:00 160 0.71
DURATION TSS μ^2

WEEK 2

9:30
HOURS
516
TSS**Perpendicular**

VO2 Max 41

02:00 126 0.79
DURATION TSS μ^2 **Lazy Mountain**

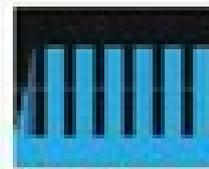
Endurance 12

01:00 24 0.49
DURATION TSS μ^2 **Lismore**

Threshold 4.5

02:00 125 0.79
DURATION TSS μ^2 **Colosseum -4**

Endurance 15

01:00 33 0.56
DURATION TSS μ^2 **Gardiner -3**

Anaerobic 5.5

01:30 103 0.83
DURATION TSS μ^2 **Hanover**

Sweet Spot 3.8

02:00 106 0.73
DURATION TSS μ^2

WEEK 3

9:30
HOURS
636
TSS**Ryy**

VO2 Max 48

02:00 118 0.77
DURATION TSS μ^2 **Lazy Mountain +1**

Endurance 13

01:00 29 0.54
DURATION TSS μ^2 **Moser's Tooth +2**

Threshold 4.9

02:00 140 0.84
DURATION TSS μ^2 **Bald Knob +1**

Endurance 16

01:00 33 0.58
DURATION TSS μ^2 **Bernard +2**

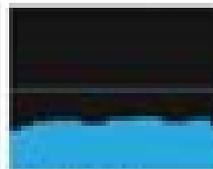
Anaerobic 5.9

01:30 104 0.83
DURATION TSS μ^2 **Hunter -7**

Sweet Spot 4.1

02:00 112 0.75
DURATION TSS μ^2

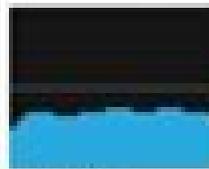
WEEK 4

8:00
HOURS
326
TSS**Townsend -1**

Endurance 3.3

01:30 55 0.61
DURATION TSS μ^2 **Petit**

Endurance 3.2

01:00 39 0.63
DURATION TSS μ^2 **Boarstone**

Endurance 5.2

02:00 97 0.70
DURATION TSS μ^2 **Mokelumne +1**

Endurance 4.7

01:30 63 0.65
DURATION TSS μ^2 **Boarstone -3**

Endurance 3.3

02:00 72 0.60
DURATION TSS μ^2

+ Week Type

+ Week Type

+ Week Type

+ Week Type

Trainerroad Workouts

ML Morrison



Trainerroad Workouts:

The Enigmatic Realm of **Trainerroad Workouts**: Unleashing the Language is Inner Magic

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