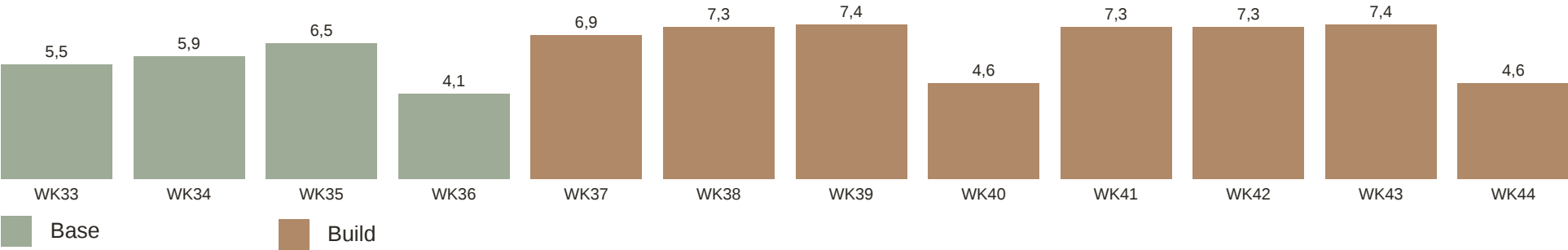


Athlete: Review Demo  
Mode: General base building (no goal event)

Weekly volume overview





WK 33 - Base | Target: 5.5 h, 274 TSS

Focus: Build aerobic base, stabilise technique and strength

| Date   | Sport      | Session                       | Dur. | Zone | TSS |
|--------|------------|-------------------------------|------|------|-----|
| Aug 10 | Swimming   | Swim technique + base         | 0:33 | Z2   | 27  |
| Aug 11 | Cycling    | Bike intervals (Z4)           | 0:28 | Z4   | 38  |
| Aug 11 | Stretching | Post-workout stretch (10 min) | 0:10 | Z1   | 5   |
| Aug 12 | Running    | Interval session (Z4)         | 0:20 | Z4   | 27  |
| Aug 12 | Stretching | Post-workout stretch (10 min) | 0:10 | Z1   | 5   |
| Aug 13 | Swimming   | Swim base (Z2)                | 0:33 | Z2   | 27  |
| Aug 14 | Core       | Core & mobility               | 0:22 | Z1   | 11  |
| Aug 15 | Cycling    | Long ride (Z2)                | 1:33 | Z2   | 87  |
| Aug 16 | Running    | Easy endurance run (Z2)       | 0:55 | Z2   | 47  |



WK 34 - Base | Target: 5.9 h, 295 TSS

Focus: Extend base volume, first quality sessions

| Date   | Sport      | Session                       | Dur. | Zone  | TSS |
|--------|------------|-------------------------------|------|-------|-----|
| Aug 17 | Running    | Threshold run (Z3)            | 0:40 | Z3    | 52  |
| Aug 18 | Strength   | Legs + core strength          | 0:35 | -     | 30  |
| Aug 19 | Swimming   | Swim base (Z2)                | 0:35 | Z2    | 29  |
| Aug 20 | Running    | Intervals 6 x 1000 m (Z4)     | 0:50 | Z4    | 63  |
| Aug 20 | Stretching | Post-workout stretch (10 min) | 0:10 | Z1    | 5   |
| Aug 21 | Core       | Core & mobility               | 0:22 | Z1    | 11  |
| Aug 22 | Cycling    | Long ride with tempo blocks   | 1:45 | Z2/Z3 | 101 |
| Aug 23 | Running    | Long run (Z2)                 | 1:20 | Z2    | 70  |

