

Analyzing a workout

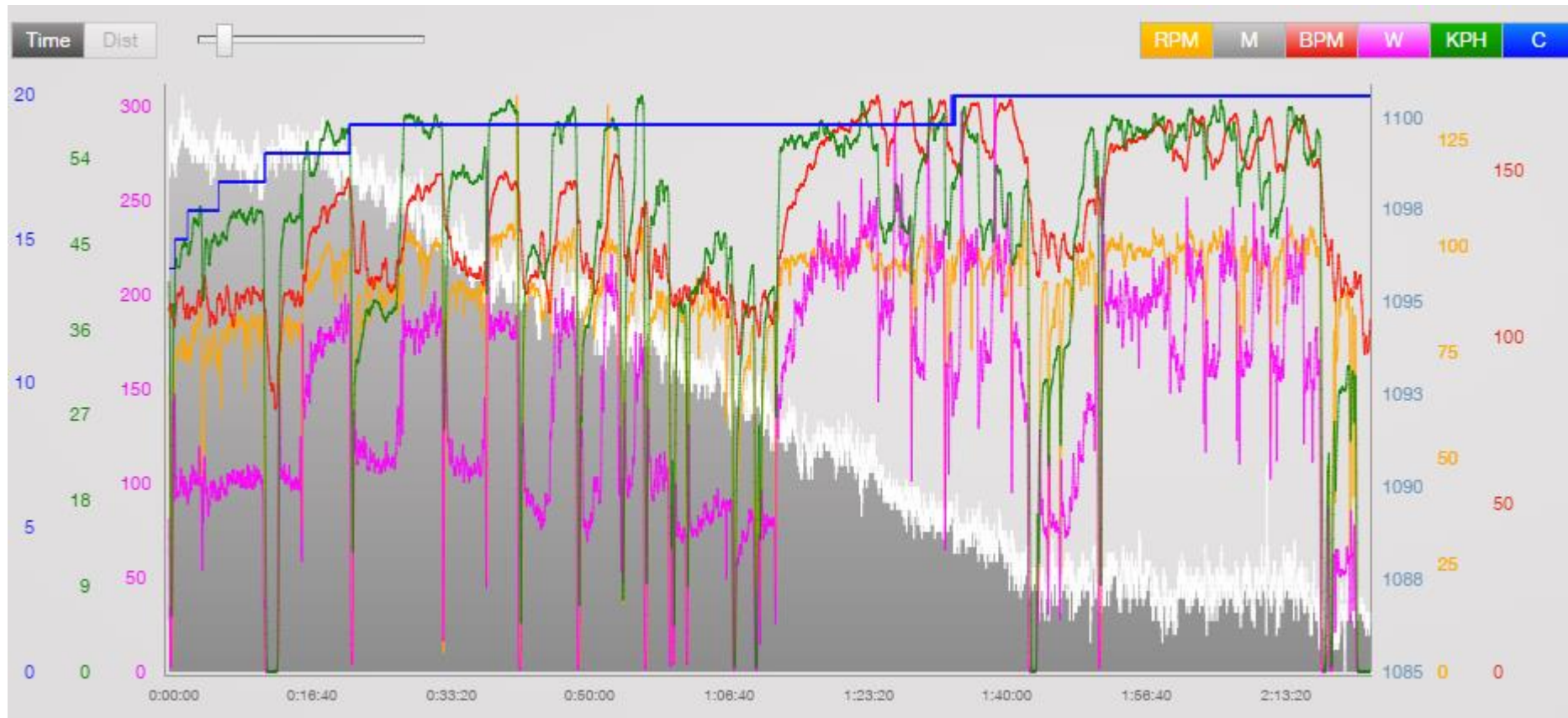
Example #1

- From Brick class
- over under

Analyzing a workout

Example #1

- From Brick class
- Over Under Workout



Analyzing a workout

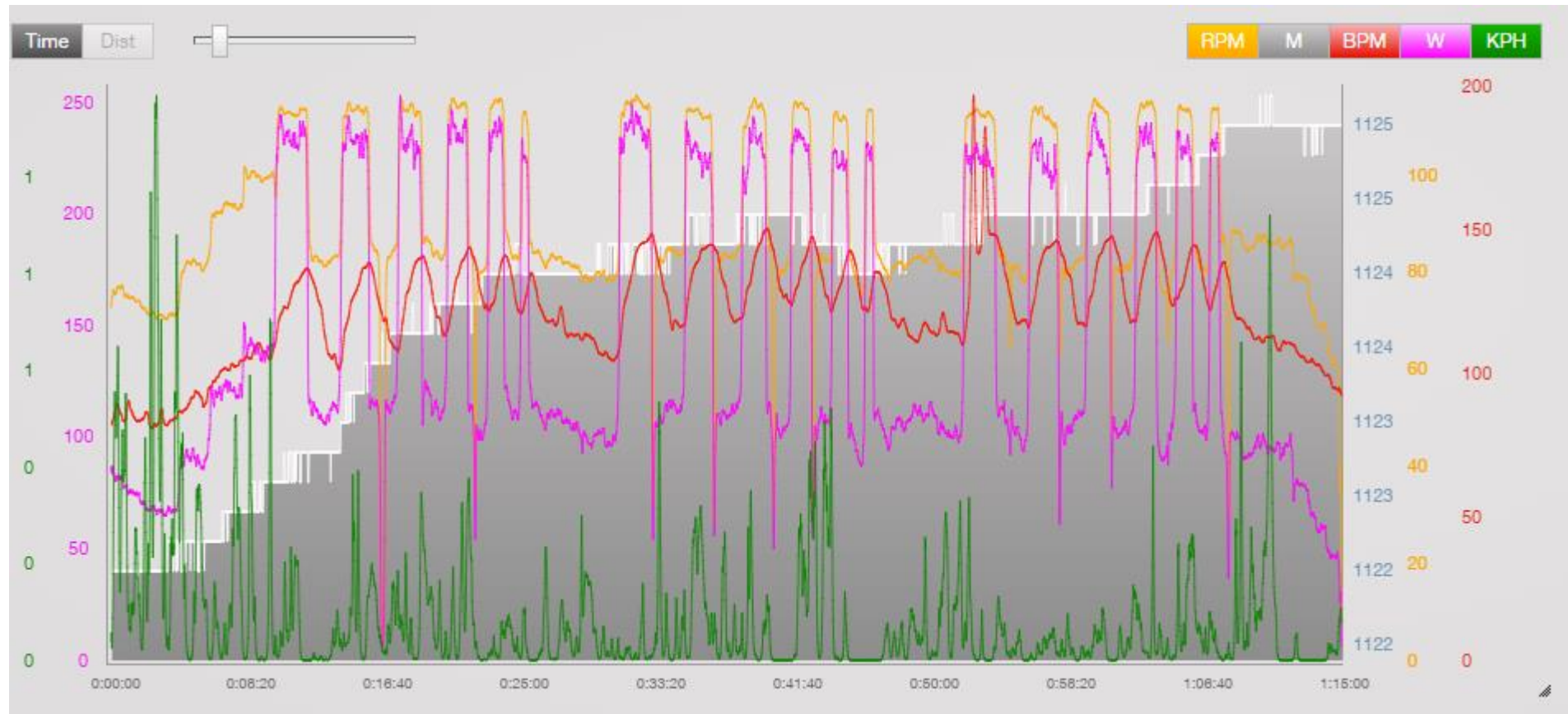
Example #2

-Descending Intervals

Analyzing a workout

Example #2

- Trainer
- Descending Intervals



Analyzing a workout

This is POWERful stuff!

- Practice reviewing your workouts
- You will soon come to know what TSS score is expected for each workout and how much recovery time is needed.
- This will allow you see how your training is going and how the current load will Affect your future training a few days or even a month down the road.

In the next video we are going to discuss the Performance Management Chart or the (PMC)

