

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 35	Day 239	240	241	242	243	244	245	Summary
	<div><div></div><div>Accumulation Phase Volume - WEEK 35</div></div>	<div><div></div><div>Aerobic Endurance Run 0:50:00 65 TSS SESSION: 1 x 50 mins @ Z2</div></div>	<div><div></div><div>Aerobic Endurance Run 1:15:00 98 TSS SESSION: 1 x 75 mins @ Z2</div></div>	<div><div></div><div>VO2max Run 0:45:00 64 TSS SESSION: 5 x 4 mins @ high Z5 w/ 2:30 mins @ Z1</div></div>	<div><div></div><div>Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div></div>	<div><div></div><div>Aerobic Endurance Run 2:00:00 159 TSS SESSION: 1 x 2 hours @ Z2</div></div>	<div><div></div><div>Aerobic Endurance Run 0:50:00 65 TSS SESSION: 1 x 50 mins @ Z2</div></div>	<div><div>Total Duration</div><div>7:49 00:00</div></div> <div><div>Total Training Stress Score</div><div>556 0</div></div> <div><div>Run Duration</div><div>6:29 00:00</div></div> <div><div>Strength Duration</div><div>1:20 00:00</div></div> <div><div>Distance</div><div>0.00 km</div></div>
	<div><div></div><div>Threshold Run 0:49:00 73 TSS SESSION: 3 x 11 mins @ Z4 w/ 2 mins @ Z1</div></div> <div><div>Threshold: Your threshold refers to the intensity yo...</div><div></div></div>	<div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div>	<div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div>	<div><div>VO2max: These intervals are working roughly</div><div></div></div>	<div><div></div><div>Training Video: Supplementation for Athletes Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...</div></div>	<div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div>	<div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div>	
	<div><div></div><div>S&C: Strength 0:40:00 17 TSS SESSION: 30-45 minutes</div></div> <div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div>		<div><div></div><div>S&C: Strength 0:40:00 17 TSS SESSION: 30-45 minutes</div></div> <div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div>					