

| Mon | | Tues | Wed | Thurs | Fri | Sat | Sun | > Summary | |
|---|-------|---|---|--|--|--|--|--|--|
| Week 2 | Day 8 | 9 | 10 | 11 | 12 | 13 | 14 | | |
| <div><div></div><div>Preparation Phase Foundation - WEEK 2 AIMS of Preparation Phase - Set base strength. - Prevent peaking to early. - Prepare the body ...</div></div> | | <div><div></div><div>VO2max Run 0:35:30 46 TSS SESSION: 5 x 2:30 mins @ high Z5 w/ 2 mins @ Z1 VO2max: These intervals are working roughly ... </div></div> | <div><div></div><div>S&C: Maximal 0:40:00 17 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div> | <div><div></div><div>Aerobic Endurance Run 0:40:00 52 TSS SESSION: 1 x 40 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div> | <div><div></div><div>Maximal Aerobic Pace Run 0:37:15 49 TSS SESSION: 5 x 3:15 mins @ low Z5 w/ 90 secs @ Z1 Maximal Aerobic Pace: MAP is the roughly the ... </div></div> | <div><div></div><div>Aerobic Endurance Run 0:30:00 38 TSS SESSION: 1 x 30 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div> | <div><div></div><div>Aerobic Endurance Run 1:05:00 85 TSS SESSION: 1 x 1:05 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div></div> | <div><div><div>Total Duration4:4800:00</div><div>Total Training Stress Score3040</div><div>Run Duration3:2800:00</div><div>Strength Duration1:2000:00</div></div><div><div>Distance0.00 km</div></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>Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</div></div> | | | <div><div></div><div>S&C: Maximal 0:40:00 17 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div> | <div><div></div><div>Training Workout Videos The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</div></div> | | | |
| <div><div></div><div>Training Video: The Preparation Phase The Preparation Phase is the first phase of training you will go through, watch the below video t...</div></div> | | | | | | | | | |