

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	Summary
	<div><div></div><div><div>Preparation Phase   Foundation - WEEK 2</div><div>AIMS of Preparation Phase - Set base strength. - Prevent peaking to early. - Prepare the body ...</div></div></div>	<div><div></div><div><div>VO2max Run</div><div>0:33:00 41 TSS</div><div>SESSION: 5 x 2 mins @ high Z5 w/ 2 mins @ Z1</div><div>VO2max: These intervals are working on roughly ...</div><div></div></div></div>	<div><div></div><div><div>Aerobic Endurance Run</div><div>0:30:00 38 TSS</div><div>SESSION: 1 x 30 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div></div>	<div><div></div><div><div>Strength Endurance Run</div><div>0:45:00 58 TSS</div><div>SESSION: 1 x 45 mins @ Z2</div><div>Strength Endurance: These are running specific strength workouts, w...</div></div></div>	<div><div></div><div><div>Maximal Aerobic Pace Run</div><div>0:33:30 42 TSS</div><div>SESSION: 5 x 2:30 mins @ low Z5 w/ 90 secs @ Z1</div><div>Maximal Aerobic Pace: MAP is the roughly the ... </div></div></div>	<div><div></div><div><div>Aerobic Endurance Run</div><div>0:30:00 38 TSS</div><div>SESSION: 1 x 30 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div></div>	<div><div></div><div><div>Aerobic Endurance Run</div><div>0:50:00 65 TSS</div><div>SESSION: 1 x 50 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div></div>	<div><div>Total Duration</div><div>5:01 00:00</div></div> <div><div>Total Training Stress Score</div><div>316 0</div></div> <div><div>Run Duration</div><div>3:41 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><div>Rest Day</div><div>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div></div></div>	<div><div></div><div><div>Pre-Activity Comments</div><div>In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</div></div></div>	<div><div></div><div><div>S&amp;C: Maximal</div><div>0:40:00 17 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div></div>	<div><div></div><div><div>Training Workout Videos</div><div>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><div><div>S&amp;C: Maximal</div><div>0:40:00 17 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div></div>			