

	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 0:25:00 32 TSS SESSION: 1 x 25 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div>	<div><div></div><div>Aerobic Endurance Run 1:00:00 78 TSS SESSION: 1 x 60 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div>		<div><div>Total Duration</div><div>4:38 00:00</div></div> <div><div>Total Training Stress Score</div><div>290 0</div></div> <div><div>Run Duration</div><div>3:18 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>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>								