





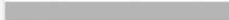













	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	Summary
	<div><div></div><div><div>Preparation Phase Foundation - WEEK 2</div><div>AIMS of Preparation Phase</div><div><div>- Set base strength.</div><div>- Prevent peaking to early.</div><div>- Prepare the body ...</div></div></div></div>	<div><div></div><div><div>VO2max Run</div><div>0:33:00</div><div>41 TSS</div><div>SESSION:</div><div>5 x 2 mins @ high Z5 w/ 2 mins @ Z1</div></div></div> <div><div>VO2max: These intervals are working on roughly</div><div>...</div><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>Training Video: The Preparation Phase</div><div>The Preparation Phase is the first phase of training you will go through, watch the below video t...</div></div></div>	<div><div></div><div><div>Aerobic Endurance Run</div><div>0:40:00</div><div>52 TSS</div><div>SESSION:</div><div>1 x 40 mins @ Z2</div></div></div> <div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div> <div><div></div><div><div>S&C: Maximal</div><div>0:40:00</div><div>17 TSS</div><div>SESSION:</div><div>30-45 minutes</div></div><div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div></div>	<div><div></div><div><div>Strength Endurance Run</div><div>0:45:00</div><div>58 TSS</div><div>SESSION:</div><div>1 x 45 mins @ Z2</div></div></div> <div><div>Strength Endurance: These are running specific strength workouts, w...</div><div></div></div>	<div><div></div><div><div>Maximal Aerobic Pace Run</div><div>0:34:45</div><div>45 TSS</div><div>SESSION:</div><div>5 x 2:45 mins @ low Z5 w/ 90 secs @ Z1</div></div></div> <div><div>Maximal Aerobic Pace: MAP is the roughly the ...</div><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>Aerobic Endurance Run</div><div>0:40:00</div><div>52 TSS</div><div>SESSION:</div><div>1 x 40 mins @ Z2</div></div></div> <div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div> <div><div></div><div><div>S&C: Maximal</div><div>0:40:00</div><div>17 TSS</div><div>SESSION:</div><div>30-45 minutes</div></div><div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div></div>	<div><div></div><div><div>Aerobic Endurance Run</div><div>0:55:00</div><div>72 TSS</div><div>SESSION:</div><div>1 x 55 mins @ Z2</div></div></div> <div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div>	<div><div>Total Duration</div><div>5:28 00:00</div></div> <div><div>Total Training Stress Score</div><div>352 0</div></div> <div><div>Run Duration</div><div>4:08 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>