






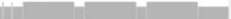



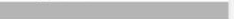






Mon		Tues	Wed	Thurs	Fri	Sat	Sun	> Summary	
Week 4	Day 22	23	24	25	26	27	28	⋮	Total Duration5:57 00:00
<div><div></div><div>Accumulation Phase Volume - WEEK 4</div></div>		<div><div></div><div>Maximal Aerobic Pace Run</div><div>0:41:00 57 TSS</div><div>SESSION: 5 x 4 mins @ low Z5 w/ 90 secs @ Z1</div><div>Maximal Aerobic Pace: MAP is the roughly the low...</div><div></div></div>	<div><div></div><div>Aerobic Endurance Run</div><div>0:45:00 58 TSS</div><div>SESSION: 1 x 45 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div>	<div><div></div><div>S&C: Strength</div><div>0:40:00 17 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div>	<div><div></div><div>Threshold Run</div><div>0:46:00 67 TSS</div><div>SESSION: 3 x 10 mins @ Z4 w/ 2 mins @ Z1</div><div>Threshold: Your threshold refers to the intensity yo...</div><div></div></div>	<div><div></div><div>Aerobic Endurance Run</div><div>0:35:00 45 TSS</div><div>SESSION: 1 x 35 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>1:50:00 146 TSS</div><div>SESSION: 1 x 1:50 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div><div></div></div>		Total Training Stress Score406 0
<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>S&C: Strength</div><div>0:40:00 17 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div>	<div><div></div><div>Training Video: Supplementation for Athletes</div><div>Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...</div></div>	<div><div></div><div>Training Video: Training in Zone 2</div><div>A lot of the training plan is based around working in zone 2. The linked video provides you with ...</div></div>					Run Duration4:37 00:00
									Strength Duration1:20 00:00
								Distance0.00 km	