

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	>	Summary
Week 31	Day 211	212	213	214	215	216	217	⋮	
	<div><div></div><div>Accumulation Phase   Volume - WEEK 31</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>Tempo Run</div><div>0:45:00 61 TSS</div><div>SESSION: 2 x 15:30 mins @ Z3 w/ 2 mins @ Z1</div><div>Tempo: Running at this intensity works on develop...</div><div></div><div><div></div><div>S&amp;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><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>VO2max Run</div><div>0:40:30 57 TSS</div><div>SESSION: 5 x 3:30 mins @ high Z5 w/ 2 mins @ Z1</div><div>VO2max: These intervals are working roughly</div><div>...</div><div></div></div>	<div><div></div><div>S&amp;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>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></div><div>Aerobic Endurance Run</div><div>0:40:00 52 TSS</div><div>SESSION: 1 x 40 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div>		<div><div>Total Duration</div><div>5:15 00:00</div></div> <div><div>Total Training Stress Score</div><div>348 0</div></div> <div><div>Run Duration</div><div>3:55 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>