

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	>	Summary
Week 2	Day 8	9	10	11	12	13	14	⋮	
	<div><div></div><div>Accumulation Phase Volume - WEEK 2</div></div> <div><div></div><div>Aerobic Endurance Run 0:45:00 58 TSS SESSION: 1 x 45 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g... <div></div></div></div> <div><div></div><div>Training Video: The Accumulation Phase The Accumulation phase will often be the longest phase during your training plan. As a result BCA...</div></div>	<div><div></div><div>Threshold Run 0:50:30 75 TSS SESSION: 3 x 11:30 mins @ Z4 w/ 2 mins @ Z1 Threshold: Your threshold refers to the intensity... <div></div></div></div> <div><div></div><div>S&C: Strength 0:40:00 17 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div> <div><div></div><div>Coaching Advice Your half marathon pace will be between zone 3 and 4. Therefore, the tempo and threshold interval...</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>Aerobic Endurance Run 1:10:00 92 TSS SESSION: 1 x 70 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g... <div></div></div></div> <div><div></div><div>S&C: Strength 0:40:00 17 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div>	<div><div></div><div>Tempo Run 0:50:00 69 TSS SESSION: 2 x 18 mins @ Z3 w/ 2 mins @ Z1 Tempo: Running at this intensity works on developing... <div></div></div></div> <div><div></div><div>Training Video: Post Workout Fuelling To help you recover after training workouts 90 minutes or longer (or high intensity 60 minute wor...</div></div>	<div><div></div><div>Aerobic Endurance Run 0:45:00 58 TSS SESSION: 1 x 45 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g... <div></div></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>Total Duration</div><div>8:00 00:00</div></div> <div><div>Total Training Stress Score</div><div>572 0</div></div> <div><div>Run Duration</div><div>6:41 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>		