Week 1

Training plan

BCA | Half Marathon ~ 8 wks. - ELITE - (7.5-8.5hrs/w…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 3	Day 15	16	17	18	19	20	21	
	Accumulation Phase | Volume - WEEK 3	**Threshold Run** **0:52:00** **78 TSS** SESSION: 3 x 12 mins @ Z4 w/ 2 mins @ Z1 Threshold: Your threshold refers to the intensity yo...	**Rest Day** Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...	**Aerobic Endurance Run** **1:20:00** **105 TSS** SESSION: 1 x 80 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...	**Maximal Aerobic Pace Run** **0:46:00** **67 TSS** SESSION: 5 x 5 mins @ low Z5 w/ 90 secs @ Z1 Maximal Aerobic Pace: MAP is the roughly the low...	**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...	**Aerobic Endurance Run** **2:30:00** **200 TSS** SESSION: 1 x 2:30 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...	Total Duration 8:18 **00:00** Total Training Stress Score 599 **0** Run Duration 6:58 **00:00** Strength Duration 1:20 **00:00** Distance 0.00 km
	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...	**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...	**Training Video: Strength Training Guide** FAQs are covered in the below strength training video to help you understand how to complete your...	**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...		**Training Video: Training in Zone 2** A lot of the training plan is based around working in zone 2. The linked video provides you with ...		