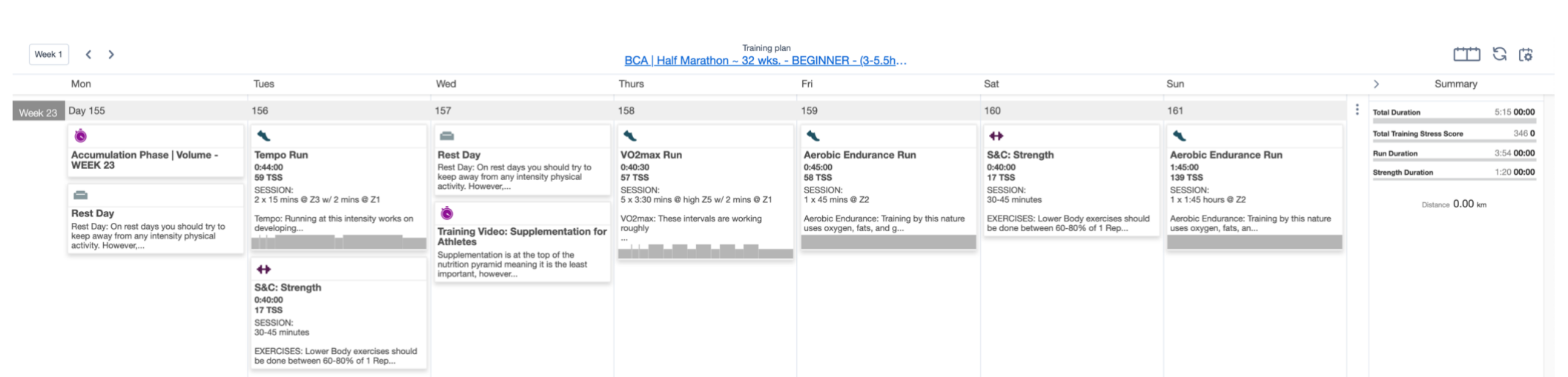
Week 1
Training plan
BCA | Half Marathon ~ 32 wks. - BEGINNER - (3-5.5h…
Mon
Tues
Wed
Thurs
Fri
Sat
Sun
Summary
Week 23
Day 155
156
157
158
159
160
161
Accumulation Phase | Volume - WEEK 23
Rest Day
Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...
Tempo Run
0:44:00
59 TSS
SESSION:
2 x 15 mins @ Z3 w/ 2 mins @ Z1
Tempo: Running at this intensity works on developing...
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...
Rest Day
Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...
Training Video: Supplementation for Athletes
Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...
VO2max Run
0:40:30
57 TSS
SESSION:
5 x 3:30 mins @ high Z5 w/ 2 mins @ Z1
VO2max: These intervals are working roughly
...
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...
Aerobic Endurance Run
1:45:00
139 TSS
SESSION:
1 x 1:45 hours @ Z2
Aerobic Endurance: Training by this nature uses oxygen, fats, an...
Total Duration 5:15 00:00
Total Training Stress Score 346 0
Run Duration 3:54 00:00
Strength Duration 1:20 00:00
Distance 0.00 km