Week 1

Training plan

BCA | Half Marathon ~ 16 wks. - ELITE SENIORS - (6…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	

Preparation Phase | Foundation - WEEK 2
AIMS of Preparation Phase
- Set base strength.
- Prevent peaking to early.
- Prepare the body ...

Rest Day
Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...

Training Video: The Preparation Phase
The Preparation Phase is the first phase of training you will go through, watch the below video t...

VO2max Run
0:42:30
58 TSS
SESSION:
5 x 3:30 mins @ high Z5 w/ 2:30 mins @ Z1

VO2max: These intervals are working roughl...

Aerobic Endurance Run
1:00:00
78 TSS
SESSION:
1 x 60 mins @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, and g...

S&C: Maximal
0:40:00
17 TSS
SESSION:
30-45 minutes

EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...

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...

Pre-Activity Comments
In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...

Maximal Aerobic Pace Run
0:44:15
61 TSS
SESSION:
5 x 4:15 mins @ low Z5 w/ 2 mins @ Z1

Maximal Aerobic Pace: MAP is the roughly the l...

S&C: Maximal
0:40:00
17 TSS
SESSION:
30-45 minutes

EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...

Aerobic Endurance Run
0:40:00
52 TSS
SESSION:
1 x 40 mins @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, and g...

Training Workout Videos
The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...

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...

Summary	
Total Duration	6:57 **00:00**
Total Training Stress Score	479 **0**
Run Duration	5:37 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km