Week 1

Training plan

BCA | Half Marathon ~ 10 wks. - ELITE MASTERS - (…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 5	Day 29	30	31	32	33	34	35	

Accumulation Phase | Volume - WEEK 5

Threshold Run
0:50:00
73 TSS
SESSION:
3 x 11 mins @ Z4 w/ 2:30 mins @ Z1

Threshold: Your threshold refers to the intensity...

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...

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
0:55:00
72 TSS
SESSION:
1 x 55 mins @ Z2

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

Training Video: Halfway
Great job for getting halfway through the plan, keep up the good work. In case you want to revisi...

Tempo Run
0:49:30
68 TSS
SESSION:
2 x 17:30 mins @ Z3 w/ 2:30 mins @ Z1

Tempo: Running at this intensity works on deve...

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: Strength Training Guide
FAQs are covered in the below strength training video to help you understand how to complete your...

Aerobic Endurance Run
2:15:00
180 TSS
SESSION:
1 x 2:15 hours @ Z2

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

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...

Summary	
Total Duration	8:15 **00:00**
Total Training Stress Score	589 **0**
Run Duration	6:54 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km