Week 1

Training plan

BCA | Half Marathon ~ 18 wks. - ADVANCED MASTE…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 13	Day 85	86	87	88	89	90	91	Summary

Accumulation Phase | Volume - WEEK 13

Threshold Run
0:49:00
73 TSS
SESSION:
3 x 11 mins @ Z4 w/ 2 mins @ Z1

Threshold: Your threshold refers to the intensity yo...

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
0:45:00
58 TSS
SESSION:
1 x 45 mins @ Z2

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

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...

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...

VO2max Run
0:45:00
64 TSS
SESSION:
5 x 4 mins @ high Z5 w/ 2:30 mins @ Z1

VO2max: These intervals are working roughly
...

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...

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

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

Aerobic Endurance Run
0:50:00
65 TSS
SESSION:
1 x 50 mins @ Z2

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

Summary	
Total Duration	7:39 **00:00**
Total Training Stress Score	543 **0**
Run Duration	6:19 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km