Training plan

BCA | Half Marathon ~ 18 wks. - ADVANCED SENIO...



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary	=
Week 11	Day 71	72	73	74	75	76	77	Summary	
WEEK 11 Tempo Run 0:48:30 66 TSS SESSION: 2 x 17 mins @ Z3 w/ 2:30 mins Tempo: Running at this intensit develop *** S&C: Strength 0:40:00 17 TSS SESSION: 30-45 minutes EXERCISES: Lower Body exert	6	•	•	•	=	•	*	Total Duration	7:44 00:00
	Accumulation Phase Volume -	Aerobic Endurance Run	Aerobic Endurance Run	Strength Tempo Run	Rest Day	Aerobic Endurance Run	Aerobic Endurance Run	Total Training Stress Score	544 (
	WEEK 11	0:45:00 58 TSS	1:10:00 92 TSS	1:00:00 84 TSS	Rest Day: On rest days you should try to keep away from any intensity physical	1:55:00 152 TSS	0:45:00 58 TSS	Run Duration	6:24 00:0
	•	SESSION: 1 x 45 mins @ Z2	SESSION: 1 x 70 mins @ Z2	SESSION: 1 x 60 mins @ Z2/3	activity. However,	SESSION: 1 x 1:55 hours @ Z2	SESSION: 1 x 45 mins @ Z2	Strength Duration	1:20 00:0
	0:48:30	Aerobic Endurance: Training by this nature uses oxygen, fats, and g	Aerobic Endurance: Training by this nature uses oxygen, fats, and g	Strength Tempo: These are running specific strength workouts and	Training Video: Supplementation	Aerobic Endurance: Training by this nature uses oxygen, fats, an	Aerobic Endurance: Training by this nature uses oxygen, fats, and g	Distance 0.00 km	
					for Athletes				
					Supplementation is at the top of the				
	Tempo: Running at this intensity works on		+		nutrition pyramid meaning it is the least important, however				
	develop		S&C: Strength 0:40:00 17 TSS						
	+		SESSION: 30-45 minutes						
	0:40:00		EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep						
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