

Week 1		< >		Training plan							BCA Half Marathon ~ 28 wks. - INTERMEDIATE - (4...		Calendar Refresh Settings				
Mon		Tues		Wed		Thurs		Fri		Sat		Sun		> Summary			
Week 19		Day 127		128		129		130		131		132		133		⋮	
<div><div></div><div>Accumulation Phase Volume - WEEK 19</div></div>		<div><div></div><div>Aerobic Endurance Run</div><div>0:55:00 72 TSS</div><div>SESSION: 1 x 55 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div>		<div><div></div><div>Rest Day</div><div>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div></div>		<div><div></div><div>Strength Tempo Run</div><div>0:45:00 62 TSS</div><div>SESSION: 1 x 45 mins @ Z2/3</div><div>Strength Tempo: These are running specific strength workouts and ...</div></div>		<div><div></div><div>S&C: Strength</div><div>0:40:00 17 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div>		<div><div></div><div>Aerobic Endurance Run</div><div>2:00:00 159 TSS</div><div>SESSION: 1 x 2 hours @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div>		<div><div></div><div>Aerobic Endurance Run</div><div>0:40:00 52 TSS</div><div>SESSION: 1 x 40 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div></div>		<div><div></div></div>		<div><div>Total Duration</div><div>6:27 00:00</div></div> <div><div>Total Training Stress Score</div><div>442 0</div></div> <div><div>Run Duration</div><div>5:07 00:00</div></div> <div><div>Strength Duration</div><div>1:20 00:00</div></div> <div><div>Distance</div><div>0.00 km</div></div>	
<div><div></div><div>Tempo Run</div><div>0:47:00 64 TSS</div><div>SESSION: 2 x 16:30 mins @ Z3 w/ 2 mins @ Z1</div><div>Tempo: Running at this intensity works on develop...</div></div>																	
		<div><div></div><div>S&C: Strength</div><div>0:40:00 17 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div></div>				<div><div></div><div>Training Video: Supplementation for Athletes</div><div>Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...</div></div>											