

Week 1							<div>BCA Half Marathon ~ 6 wks. - BEGINNER MASTER...</div>		<div>Calendar</div> <div>Refresh</div> <div>Settings</div>								
Mon		Tues		Wed		Thurs		Fri		Sat		Sun		> Summary			
Week 2		Day 8		9		10		11		12		13		14		⋮	
<div><div></div><div>Accumulation Phase Volume - WEEK 2</div><div>AIMS of Accumulation Phase<ul style="list-style-type: none">- Build base endurance.- Gain lots of zone 2 work.- Prepare body ...</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>Training Video: The Accumulation Phase</div><div>The Accumulation phase will often be the longest phase during your training plan. As a result BCA...</div></div>		<div><div></div><div>Threshold Run</div><div>0:35:30 49 TSS</div><div>SESSION: 3 x 6:30 mins @ Z4 w/ 2 mins @ Z1</div><div>Threshold: Your threshold refers to the intensity ...</div><div><div></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><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>Pre-Activity Comments</div><div>In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</div></div>		<div><div></div><div>Tempo Run</div><div>0:40:00 52 TSS</div><div>SESSION: 3 x 8 mins @ Z3 w/ 2 mins @ Z1</div><div>Tempo: Running at this intensity works on developing ...</div><div><div></div></div><div><div></div><div>Coaching Advice</div><div>Your half marathon pace will be between zone 3 and 4. Therefore, the tempo and threshold interval...</div></div></div>		<div><div></div><div>Aerobic Endurance Run</div><div>0:30:00 38 TSS</div><div>SESSION: 1 x 30 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div><div></div></div><div><div></div><div>Training Workout Videos</div><div>The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</div></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>1:00:00 78 TSS</div><div>SESSION: 1 x 60 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>4:06 00:00</div></div> <div><div>Total Training Stress Score</div><div>250 0</div></div> <div><div>Run Duration</div><div>2:46 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>			