




















Week 1		< >		Training plan							BCA Half Marathon ~ 12 wks. - ELITE - (7.5-8.5hrs/...		  		
Mon		Tues		Wed		Thurs		Fri		Sat		Sun		> Summary	
Week 7		Day 43		44		45		46		47		48		49	
<div></div> <div>Accumulation Phase Volume - WEEK 7</div>		<div></div> <div>Threshold Run</div> <div>0:52:00</div> <div>78 TSS</div> <div>SESSION:</div> <div>3 x 12 mins @ Z4 w/ 2 mins @ Z1</div> <div>Threshold: Your threshold refers to the intensity yo...</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>Aerobic Endurance Run</div> <div>1:20:00</div> <div>105 TSS</div> <div>SESSION:</div> <div>1 x 80 mins @ Z2</div> <div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div> <div></div>		<div></div> <div>Tempo Run</div> <div>0:50:00</div> <div>69 TSS</div> <div>SESSION:</div> <div>2 x 18 mins @ Z3 w/ 2 mins @ Z1</div> <div>Tempo: Running at this intensity works on developing...</div> <div></div>		<div></div> <div>Aerobic Endurance Run</div> <div>0:50:00</div> <div>65 TSS</div> <div>SESSION:</div> <div>1 x 50 mins @ 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>2:30:00</div> <div>200 TSS</div> <div>SESSION:</div> <div>1 x 2:30 hours @ Z2</div> <div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div> <div></div>		<div><div>Total Duration8:27 00:00</div><div>Total Training Stress Score608 0</div><div>Run Duration7:07 00:00</div><div>Strength Duration1:20 00:00</div><div>Distance0.00 km</div></div>	
<div></div> <div>Aerobic Endurance Run</div> <div>0:45:00</div> <div>58 TSS</div> <div>SESSION:</div> <div>1 x 45 mins @ Z2</div> <div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div> <div></div>		<div></div> <div>S&C: Strength</div> <div>0:40:00</div> <div>17 TSS</div> <div>SESSION:</div> <div>30-45 minutes</div> <div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div>				<div></div> <div>S&C: Strength</div> <div>0:40:00</div> <div>17 TSS</div> <div>SESSION:</div> <div>30-45 minutes</div> <div>EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...</div>									