Week 1

Training plan
BCA | Half Marathon ~ 8 wks. - ADVANCED SENIOR...

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 2	Day 8	9	10	11	12	13	14	Summary

Accumulation Phase | Volume - WEEK 2
AIMS of Accumulation Phase
- Build base endurance.
- Gain lots of zone 2 work.
- Prepare body ...

Maximal Aerobic Pace Run
0:45:00
60 TSS
SESSION:
5 x 4 mins @ low Z5 w/ 2:30 mins @ Z1

Maximal Aerobic Pace: MAP is the roughly the l...

Training Video: The Accumulation Phase
The Accumulation phase will often be the longest phase during your training plan. As a result BCA...

Rest Day
Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...

Pre-Activity Comments
In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...

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...

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...

Threshold Run
0:48:00
70 TSS
SESSION:
3 x 10:30 mins @ Z4 w/ 2:30 mins @ Z1

Threshold: Your threshold refers to the intens...

Training Workout Videos
The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...

Aerobic Endurance Run
0:35:00
45 TSS
SESSION:
1 x 35 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...

Aerobic Endurance Run
1:55:00
152 TSS
SESSION:
1 x 1:55 hours @ Z2

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

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...

Total Duration	6:53	00:00
Total Training Stress Score	477	0
Run Duration	5:33	00:00
Strength Duration	1:20	00:00

Distance 0.00 km