Week 1

Training plan

BCA | Half Marathon ~ 6 wks. - INTERMEDIATE MAS...

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 4	Day 22	23	24	25	26	27	28

Transformation Phase | Specificity - WEEK 4

AIMS of Transformation Phase
- Teach the body event demands.
- Exceed race demands.
- Maintain...

Step-UP-Intervals Run
0:48:30
66 TSS
SESSION:
3 x (7 mins @ high Z3/4 + 2:30 mins @ low Z5 + 2:30 mins @ Z1).

Step-UP: These inter...

Training Video: The Transformation Phase
The penultimate phase of training is when you get the most event specific workouts. Find out how ...

S&C: Explosive
0:40:00
17 TSS
SESSION:
30-45 minutes

EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...

Training Video: Strength Training Guide
FAQs are covered in the below strength training video to help you understand how to complete your...

Aerobic Endurance Run
0:20:00
25 TSS
SESSION:
1 x 20 mins @ Z2

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

Training Video: Supplementation for Athletes
Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...

Tempo Run
0:46:00
64 TSS
SESSION:
1 x 34 mins @ Z3

Tempo: Running at this intensity works on developing your race pac...

S&C: Explosive
0:40:00
17 TSS
SESSION:
30-45 minutes

EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...

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

Training Video: Strength Training Guide
FAQs are covered in the below strength training video to help you understand how to complete your...

HM Pace Finish Run
2:00:00
161 TSS
SESSION:
1 x 1:40 hours @ Z2 + 15 mins @ HM pace

Aerobic Endurance: These workouts improve yo...

Training Video: Training in Zone 2
A lot of the training plan is based around working in zone 2. The linked video provides you with ...

Aerobic Endurance Run
0:20:00
25 TSS
SESSION:
1 x 20 mins @ Z2

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

Training Video: Halfway
Great job for getting halfway through the plan, keep up the good work. In case you want to revisi...

Summary

Total Duration	5:34 **00:00**
Total Training Stress Score	375 **0**
Run Duration	4:15 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km