





















Week 1		< >		Training plan			BCA   Half Marathon ~ 48 wks. - ELITE - (6-9hrs/wk)_...			  					
Mon		Tues		Wed		Thurs		Fri		Sat		Sun		> Summary	
Week 35		Day 239		240		241		242		243		244		245	
<div><div>Accumulation Phase   Volume - WEEK 35</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>Maximal Aerobic Pace Run</div><div>0:48:30</div><div>72 TSS</div><div>SESSION:</div><div>5 x 5:30 mins @ low Z5 w/ 90 secs @ Z1</div><div>Maximal Aerobic Pace: MAP is the roughly the ...</div><div></div></div>		<div><div>Aerobic Endurance Run</div><div>1:05:00</div><div>85 TSS</div><div>SESSION:</div><div>1 x 65 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><div>Total Duration8:56 00:00</div><div>Total Training Stress Score651 0</div><div>Run Duration7:36 00:00</div><div>Strength Duration1:20 00:00</div><div>Distance0.00 km</div></div>	
<div><div>Aerobic Endurance Run</div><div>1:00:00</div><div>78 TSS</div><div>SESSION:</div><div>1 x 60 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div>		<div><div>S&amp;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&amp;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>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>							