

Week 1

< >

BCA | Half Marathon ~ 40 wks. - ADVANCED - (5-8hr...

Training plan

Calendar

Refresh

Settings

Mon		Tues	Wed	Thurs	Fri	Sat	Sun	Summary							
Week 29	Day 197	198	199	200	201	202	203	Summary							
<div><div><div></div></div><div>Accumulation Phase Volume - WEEK 28</div></div>		<div><div><div></div></div><div>Tempo Run</div><div>0:50:00</div><div>69 TSS</div><div>SESSION: 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>		<div><div><div></div></div><div>Aerobic Endurance Run</div><div>1:10:00</div><div>92 TSS</div><div>SESSION: 1 x 70 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div><div></div></div></div>		<div><div><div></div></div><div>Aerobic Endurance Run</div><div>0:50:00</div><div>65 TSS</div><div>SESSION: 1 x 50 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div><div></div></div></div>		<div><div><div></div></div><div>Strength Tempo Run</div><div>1:00:00</div><div>78 TSS</div><div>SESSION: 1 x 60 mins @ Z2</div><div>Strength Tempo: These are running specific strength workouts and a ...</div><div><div></div></div></div>		<div><div><div></div></div><div>Aerobic Endurance Run</div><div>0:50:00</div><div>65 TSS</div><div>SESSION: 1 x 50 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div><div></div></div></div>		<div><div><div></div></div><div>Aerobic Endurance Run</div><div>2:00:00</div><div>159 TSS</div><div>SESSION: 1 x 2 hours @ 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>8:00 00:00</div></div> <div><div>Total Training Stress Score</div><div>561 0</div></div> <div><div>Run Duration</div><div>6:40 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>	
<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></div><div>S&C: Strength</div><div>0:40:00</div><div>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><div>S&C: Strength</div><div>0:40:00</div><div>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><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>									