Week 1

Training plan

BCA | Half Marathon ~ 44 wks. - ADVANCED - (5-8hr…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 30	Day 204	205	206	207	208	209	210	Summary

Accumulation Phase | Volume - WEEK 30

Rest Day

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

Tempo Run
0:48:00
66 TSS
SESSION:
2 x 17 mins @ Z3 w/ 2 mins @ Z1

Tempo: Running at this intensity works on developing...

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
1:15:00
98 TSS
SESSION:
1 x 75 mins @ Z2

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

Aerobic Endurance Run
1:00:00
78 TSS
SESSION:
1 x 60 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...

Strength Tempo Run
1:00:00
78 TSS
SESSION:
1 x 60 mins @ Z2

Strength Tempo: These are running specific strength workouts and a ...

Training Video: Supplementation for Athletes

Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...

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...

Aerobic Endurance Run
2:00:00
159 TSS
SESSION:
1 x 2 hours @ Z2

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

Total Duration	8:08 **00:00**
Total Training Stress Score	571 **0**
Run Duration	6:48 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km