Week 1

Training plan

BCA | Half Marathon ~ 48 wks. - ELITE MASTERS - (…

Week 35	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Day 239	240	241	242	243	244	245
	Accumulation Phase | Volume - WEEK 35	**Aerobic Endurance Run** **1:05:00** **85 TSS** SESSION: 1 x 65 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...	**Aerobic Endurance Run** **1:20:00** **105 TSS** SESSION: 1 x 80 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...	**Maximal Aerobic Pace Run** **0:50:30** **73 TSS** SESSION: 5 x 5:30 mins @ low Z5 w/ 2 mins @ Z1 Maximal Aerobic Pace: MAP is the roughly the l...	**Rest Day** Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...	**Aerobic Endurance Run** **2:30:00** **200 TSS** SESSION: 1 x 2:30 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an...	**Aerobic Endurance Run** **0:55:00** **72 TSS** SESSION: 1 x 55 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...
	Threshold Run **0:53:00** **79 TSS** SESSION: 3 x 12 mins @ Z4 w/ 2:30 mins @ Z1 Threshold: Your threshold refers to the intensity...	**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...		**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...	**Training Video: Supplementation for Athletes** Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...		

Summary

Total Duration	8:54 **00:00**
Total Training Stress Score	647 **0**
Run Duration	7:34 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km