Week 1

Training plan

BCA | Half Marathon ~ 36 wks. - ADVANCED SENIO…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 26	Day 176	177	178	179	180	181	182	Summary

Accumulation Phase | Volume - WEEK 26

Tempo Run
0:49:30
68 TSS
SESSION:
2 x 17:30 mins @ Z3 w/ 2:30 mins @ Z1

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

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
0:50:00
65 TSS
SESSION:
1 x 50 mins @ Z2

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

Aerobic Endurance Run
1:10:00
92 TSS
SESSION:
1 x 70 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
0:50:00
70 TSS
SESSION:
1 x 50 mins @ Z2/3

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

Rest Day

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

Training Video: Supplementation for Athletes

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

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...

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...

Total Duration	7:45 **00:00**
Total Training Stress Score	544 **0**
Run Duration	6:24 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km