Week 1

Training plan

BCA | Half Marathon ~ 36 wks. - INTERMEDIATE MA...

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 28	Day 190	191	192	193	194	195	196	

Accumulation Phase | Volume - WEEK 28

Threshold Run
0:47:30
70 TSS
SESSION:
3 x 10:30 mins @ Z4 w/ 2 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...

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...

Maximal Aerobic Pace Run
0:48:00
68 TSS
SESSION:
5 x 5 mins @ low Z5 w/ 2 mins @ Z1

Maximal Aerobic Pace: MAP is the roughly the lowe...

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...

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
0:40:00
52 TSS
SESSION:
1 x 40 mins @ Z2

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

Summary	
Total Duration	6:21 **00:00**
Total Training Stress Score	440 **0**
Run Duration	5:01 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km