Week 1

Training plan

BCA | Half Marathon ~ 18 wks. - ADVANCED - (6-7.5…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 11	Day 71	72	73	74	75	76	77	Summary
	Accumulation Phase | Volume - WEEK 11	**Threshold Run** **0:49:00** **73 TSS** SESSION: 3 x 11 mins @ Z4 w/ 2 mins @ Z1 Threshold: Your threshold refers to the intensity yo...	**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** **0:50:00** **65 TSS** SESSION: 1 x 50 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...	**Maximal Aerobic Pace Run** **0:46:00** **67 TSS** SESSION: 5 x 5 mins @ low Z5 w/ 90 secs @ Z1 Maximal Aerobic Pace: MAP is the roughly the low...	**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** **2:00:00** **159 TSS** SESSION: 1 x 2 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...	Total Duration 7:40 **00:00** Total Training Stress Score 546 **0** Run Duration 6:20 **00:00** Strength Duration 1:20 **00:00** Distance **0.00** km
	Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...		**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...		