

Week 1		<div>&lt;</div> <div>&gt;</div>		Training plan							BCA   Half Marathon ~ 48 wks. - BEGINNER - (2.5-5...		<div></div> <div></div> <div></div>		
Mon		Tues		Wed		Thurs		Fri		Sat		Sun		> Summary	
Week 2		Day 8 Today		9		10		11		12		13		14	
<div></div> <div>Preparation Phase   Foundation - WEEK 2</div> <div>AIMS of Preparation Phase</div> <div>- Set base strength.</div> <div>- Prevent peaking to early.</div> <div>- Prepare the body ...</div>		<div></div> <div>VO2max Run</div> <div>0:28:00</div> <div>31 TSS</div> <div>SESSION:</div> <div>5 x 1 mins @ high Z5 w/ 2 mins @ Z1</div> <div>VO2max: These intervals are working roughly ver...</div> <div></div>		<div></div> <div>Rest Day</div> <div>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div> <div><div></div><div>Pre-Activity Comments</div><div>In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</div></div>		<div></div> <div>Maximal Aerobic Pace Run</div> <div>0:28:30</div> <div>33 TSS</div> <div>SESSION:</div> <div>5 x 1:30 mins @ low Z5 w/ 90 secs @ Z1</div> <div>Maximal Aerobic Pace: MAP is the roughly the ...</div> <div></div>		<div></div> <div>S&amp;C: Maximal</div> <div>0:40:00</div> <div>17 TSS</div> <div>SESSION:</div> <div>30-45 minutes</div> <div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div> <div><div></div><div>Training Workout Videos</div><div>The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</div></div>		<div></div> <div>Aerobic Endurance Run</div> <div>0:30:00</div> <div>38 TSS</div> <div>SESSION:</div> <div>1 x 30 mins @ Z2</div> <div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div>		<div></div> <div>Aerobic Endurance Run</div> <div>0:15:00</div> <div>19 TSS</div> <div>SESSION:</div> <div>1 x 15 mins @ Z2</div> <div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div>		<div>Total Duration</div> <div>3:01 00:00</div> <div>Total Training Stress Score</div> <div>154 0</div> <div>Run Duration</div> <div>1:42 00:00</div> <div>Strength Duration</div> <div>1:20 00:00</div> <div>Distance</div> <div>0.00 km</div>	