Week 1

Training plan

BCA | Half Marathon ~ 14 wks. - INTERMEDIATE SE…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 8	Day 50	51	52	53	54	55	56	

Accumulation Phase | Volume - WEEK 8

Tempo Run
0:46:30
63 TSS
SESSION:
2 x 16 mins @ Z3 w/ 2:30 mins @ Z1

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

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...

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...

Strength Tempo Run
0:45:00
62 TSS
SESSION:
1 x 45 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: Post Activation Potentiation

Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly...

Aerobic Endurance Run
1:55:00
152 TSS
SESSION:
1 x 1:55 hours @ Z2

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

Aerobic Endurance Run
0:30:00
38 TSS
SESSION:
1 x 30 mins @ Z2

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

Total Duration	6:02 **00:00**
Total Training Stress Score	408 **0**
Run Duration	4:41 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km