

Week 1



Training plan

[BCA | Half Marathon ~ 44 wks. - INTERMEDIATE SE...](#)



Mon

Tues

Wed

Thurs

Fri

Sat

Sun



Summary

Week 2

Day 8

9

10

11

12

13

14



Preparation Phase | Foundation - WEEK 2

AIMS of Preparation Phase

- Set base strength.
- Prevent peaking to early.
- Prepare the body ...



Rest Day

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



Training Video: The Preparation Phase

The Preparation Phase is the first phase of training you will go through, watch the below video t...



VO2max Run

0:33:45

40 TSS

SESSION:

5 x 1:45 mins @ high Z5 w/ 2:30 mins @ Z1

VO2max: These intervals are working roughl...



S&C: Maximal

0:40:00

17 TSS

SESSION:

30-45 minutes

EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...



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...



Pre-Activity Comments

In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...



S&C: Maximal

0:40:00

17 TSS

SESSION:

30-45 minutes

EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...



Maximal Aerobic Pace Run

0:35:30

44 TSS

SESSION:

5 x 2:30 mins @ low Z5 w/ 2 mins @ Z1

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



Training Workout Videos

The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...



Aerobic Endurance Run

0:20:00

25 TSS

SESSION:

1 x 20 mins @ 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 4:04 00:00

Total Training Stress Score 239 0

Run Duration 2:44 00:00

Strength Duration 1:20 00:00

Distance 0.00 km