

<div> <div>Week 1</div> <div>&lt; &gt;</div> <div> <div>Training plan</div> <div>BCA   Half Marathon ~ 10 wks. - ELITE SENIORS - (6...</div> <div> <div>Calendar</div> <div>Refresh</div> <div>Settings</div> </div> </div> </div>							> Summary	
Mon	Tues	Wed	Thurs	Fri	Sat	Sun		
<div>Week 2</div> <div>Day 8</div> <div> <div>🕒</div> <div>Preparation Phase   Foundation - WEEK 2</div> <div> AIMS of Preparation Phase <ul style="list-style-type: none"> <li>- Set base strength.</li> <li>- Prevent peaking to early.</li> <li>- Prepare the body ...</li> </ul> </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> <div>Training Video: The Preparation Phase</div> <div>The Preparation Phase is the first phase of training you will go through, watch the below video t...</div> </div> </div>	<div>9</div> <div> <div>👟</div> <div>VO2max Run</div> <div>0:45:00</div> <div>64 TSS</div> <div>SESSION:</div> <div>5 x 4 mins @ high Z5 w/ 2:30 mins @ Z1</div> <div>VO2max: These intervals are working roughly</div> <div>...</div> <div> </div> </div>	<div>10</div> <div> <div>👟</div> <div>Aerobic Endurance Run</div> <div>1:05:00</div> <div>85 TSS</div> <div>SESSION:</div> <div>1 x 65 mins @ Z2</div> <div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</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>11</div> <div> <div>👟</div> <div>Aerobic Endurance Run</div> <div>0:45:00</div> <div>58 TSS</div> <div>SESSION:</div> <div>1 x 45 mins @ Z2</div> <div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</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>12</div> <div> <div>👟</div> <div>Maximal Aerobic Pace Run</div> <div>0:48:00</div> <div>68 TSS</div> <div>SESSION:</div> <div>5 x 5 mins @ low Z5 w/ 2 mins @ Z1</div> <div>Maximal Aerobic Pace: MAP is the roughly the lowe...</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>13</div> <div> <div>👟</div> <div>Aerobic Endurance Run</div> <div>0:45:00</div> <div>58 TSS</div> <div>SESSION:</div> <div>1 x 45 mins @ Z2</div> <div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</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>14</div> <div> <div>👟</div> <div>Aerobic Endurance Run</div> <div>1:55:00</div> <div>152 TSS</div> <div>SESSION:</div> <div>1 x 1:55 hours @ Z2</div> <div>Aerobic Endurance: Training by this nature uses oxygen, fats, an...</div> </div>	<div> <div>Total Duration</div> <div>7:23 00:00</div> </div> <div> <div>Total Training Stress Score</div> <div>519 0</div> </div> <div> <div>Run Duration</div> <div>6:03 00:00</div> </div> <div> <div>Strength Duration</div> <div>1:20 00:00</div> </div> <div> <div>Distance</div> <div>0.00 km</div> </div>	