Week 1

Training plan

BCA | Half Marathon ~ 16 wks. - INTERMEDIATE SE...

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 11	Day 71	72	73	74	75	76	77	
	Accumulation Phase | Volume - WEEK 11 **Tempo Run** **0:45:30** **61 TSS** SESSION: 2 x 15:30 mins @ Z3 w/ 2:30 mins @ Z1 Tempo: Running at this intensity works on deve... **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...	**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: Supplementation for Athletes** Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...	**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** **0:40:00** **52 TSS** SESSION: 1 x 40 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...	

Total Duration	6:10	**00:00**
Total Training Stress Score	419	**0**
Run Duration	4:51	**00:00**
Strength Duration	1:20	**00:00**

Distance 0.00 km