

Training plan BCA | Half Marathon ~ 8 wks. - ELITE - (7.5-8.5hrs/w...







Mon	Tues	Wed	Thurs	Fri	Sat	Sun	> Summary	
Day 8	9	10	11	12	13	14	Total Duration	8:00 00:00
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Accumulation Phase Volume - WEEK 2	Threshold Run 0:50:30 75 TSS SESSION: 3 x 11:30 mins @ Z4 w/ 2 mins @ Z1	Rest Day Rest Day: On rest days you should try to keep away from any intensity physical	Aerobic Endurance Run 1:10:00 92 TSS	Tempo Run 0:50:00 00 1753 SESSION: 2 x 18 mins @ Z3 w/ 2 mins @ Z1 Tempo: Running at this intensity works on developing	Aerobic Endurance Run 0.45:00 58 TSS SESSION: 1 x 45 mins @ 22 Aerobic Endurance: Training by this nature uses oxygen, fats, and g	Aerobic Endurance Run 2:20:00 166 TSS SESSICN: 1 x 2:20 hours @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, an	Run Duration Strength Duration	6:41 00:00 1:20 00:00
•		activity. However,	SESSION: 1 x 70 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g				Distance 0.00 km	l km
Aerobic Endurance Run (Asteo) Set TSS SESSION: 1 x 45 mins @ 22 Aerobic Endurance: Training by this nature uses oxygen, fats, and g Set SSION: 17 TSS SESSION: 30-45 minutes		Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t						NII
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	0:40:00 17 TSS SESSION:		S&C: Strength 0:40:00 17 TSS SESSION: 30-45 minutes	Training Video: Post Workout Fuelling To help you recover after training workouts 90 minutes or longer (or high intensity 60 minute wor		Training Workout Videos The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the I		
Training Video: The Accumulation Phase The Accumulation phase will often be the longest phase during your training plan. As a result BCA	EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep		EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep					
	6							
	Coaching Advice Your half marathon pace will be between zone 3 and 4. Therefore, the tempo and threshold interval							
	Day 8 Accumulation Phase Volume - WEEK 2 Aerobic Endurance Run 0:45:00 58 TSS SESSION: 1 x 45 mins @ 22 Aerobic Endurance: Training by this nature uses oxygen, fats, and g Training Video: The Accumulation Phase The Accumulation phase will often be the longest phase during your training plan.	Day 8 Accumulation Phase Volume - WEEK 2 Aerobic Endurance Run 0-45:00 sessions 1 x 45 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g Threshold: Your threshold refers to the intensity SaC: Strength 0-40:00 17 TSs SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep Caching Advice Your half marathon pace will be between 20-83 and 4. Thresfere, the tempo and	Day 8 9 10 Accumulation Phase Volume - WEEK 2 Threshold Run 0.50:30 76 TSS SESSION: 3 x 11:30 mins @ Z4 w/ 2 mins @ Z1 Threshold: Your threshold refers to the intensity. Threshold: Your threshold refers to the intensity. SESSION: 1 x 45 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g SESSION: 1 x 45 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g ESSION: 3 x 11:30 mins @ Z4 w/ 2 mins @ Z1 Threshold: Your threshold refers to the intensity Pre-Activity Comments In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep Caching Advice Your half maratiton pace will be between zone 3 and 4. Therefore, the tempo and	Day 8 9 10 11 Accumulation Phase Volume - WEEK 2 Threshold Run 0:50:30 76 TsS SESSION: 3 x 11:30 mins @ Z4 w/ 2 mins @ Z1 Threshold: Your threshold refers to the intensity. 1 x 46 mins @ Z2 Aerobic Endurance Run 0:45:00 SSESSION: 1 x 70 mins @ Z2 Threshold: Your threshold refers to the intensity. 1 x 46 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g SAC: Strength 0:40:00 17 TsS SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep Caching Advice Your half marathon pace will be between zone 3 and 4. 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Training Video: The Accumulation Phase ENGIGES: Lower Body exercises should be done between 60-80% of 1 Rep English Concept phase during your training plan will of the between 60-80% of 1 Rep English Concept phase during your training plan will of the between 60-80% of 1 Rep English Concept phase will offen be the following your training plan will be between 60-80% of 1 Rep English Concept phase will offen be the following your training plan will be done between 60-80% of 1 Rep English Concept phase will offen be the following your training plan will be between 60-80% of 1 Rep English Concept phase will offen be the following your training plan will be between 60-80% of 1 Rep English Concept plan will offen be the following your training plan will offen be the mona of a threst training plan will offen be the mona of an analysis of the following your training plan will offen be the mona of a concept plan will offen be the mona of an analysis of the plan will offen be the mona of a concept plan will offen be the mona of a concept plan will offen be the mona of a concept plan will offen be the mona of a concept plan will offen be the mona of a concept plan will offen be the mona of a concept plan will offen be the mona of a concept plan will be between the mona of a concept plan will be between the mona of a concept plan will be between the mona of a concept plan will be between the mona of a concept plan will be between the concept plan will be between the mona of a concept plan will be between the mona of a concept plan will be between the mona of a concept plan will be between the mona of a concept plan will be between the mona of a	Day 8 9 10 11 12 13 13 14 Treehold Run Osciolar Communication Phase Volume - VERY 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Very 2 Treehold Run Osciolar Communication Phase Volume - Very 2 Ver