

















Week 1		< >		Training plan							BCA Half Marathon ~ 12 wks. - BEGINNER MASTE...		  		
Mon		Tues		Wed		Thurs		Fri		Sat		Sun		> Summary	
Week 2		Day 8		9		10		11		12		13		14	
<div></div> <div>Preparation Phase Foundation - WEEK 2</div> <div>AIMS of Preparation Phase</div> <div><ul style="list-style-type: none">- Set base strength.- Prevent peaking to early.- Prepare the body ...</div>		<div></div> <div>VO2max Run</div> <div>0:35:00</div> <div>43 TSS</div> <div>SESSION:</div> <div>5 x 2 mins @ high Z5 w/ 2:30 mins @ Z1</div> <div>VO2max: These intervals are working roughly</div> <div>...</div> <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>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>Maximal Aerobic Pace Run</div> <div>0:38:00</div> <div>49 TSS</div> <div>SESSION:</div> <div>5 x 3 mins @ low Z5 w/ 2 mins @ Z1</div> <div>Maximal Aerobic Pace: MAP is the roughly the low...</div> <div></div>		<div></div> <div>Aerobic Endurance Run</div> <div>0:20:00</div> <div>25 TSS</div> <div>SESSION:</div> <div>1 x 20 mins @ Z2</div> <div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div> <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>S&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>Aerobic Endurance Run</div> <div>0:40:00</div> <div>52 TSS</div> <div>SESSION:</div> <div>1 x 40 mins @ Z2</div> <div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div> <div></div>		<div>Total Duration</div> <div>3:33 00:00</div> <div>Total Training Stress Score</div> <div>202 0</div> <div>Run Duration</div> <div>2:13 00:00</div> <div>Strength Duration</div> <div>1:20 00:00</div> <div>Distance 0.00 km</div>	