Week 1

Training plan

BCA | Half Marathon ~ 10 wks. - BEGINNER - (3.5-5h…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 8	Day 50	51	52	53	54	55	56	
	Transformation Phase | Specificity - WEEK 8	**Step-UP-Intervals Run** **0:46:00** **63 TSS** SESSION: 3 x (6 mins @ high Z3/4 + 3 mins @ low Z5 + 2 mins @ Z1). Step-UP: These intervals i...	**Rest Day** Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...	**Tempo Run** **0:46:00** **64 TSS** SESSION: 1 x 34 mins @ Z3 Tempo: Running at this intensity works on developing your race pace...	**Aerobic Endurance Run** **0:15:00** **19 TSS** SESSION: 1 x 15 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...	**S&C: Explosive** **0:40:00** **17 TSS** SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...	**HM Pace Finish Run** **1:25:00** **114 TSS** SESSION: 1 x 65 mins @ Z2 + 15 mins @ HM pace Aerobic Endurance: These workouts improve your ...	**Total Duration** 4:32 **00:00** **Total Training Stress Score** 293 **0** **Run Duration** 3:12 **00:00** **Strength Duration** 1:20 **00:00** Distance 0.00 km
	Rest Day Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...	**S&C: Explosive** **0:40:00** **17 TSS** SESSION: 30-45 minutes EXERCISES: Lower Body exercises should be done between 30-40% of 1 Rep...		**Training Video: Post Activation Potentiation** Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly...				