Week 1

Training plan

BCA | Half Marathon ~ 8 wks. - BEGINNER MASTER...

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 5	Day 29	30	31	32	33	34	35	
	Transformation Phase | Specificity - WEEK 5	**Step-UP-Intervals Run** **0:46:30** **62 TSS** SESSION: 3 x (6 mins @ high Z3/4 + 2:30 mins @ low Z5 + 3 mins @ Z1). Step-UP: These interval...	**Rest Day** Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...	**Tempo Run** **0:44:00** **61 TSS** SESSION: 1 x 32 mins @ Z3 Tempo: Running at this intensity works on developing your race pace...	**Aerobic Endurance Run** **0:20:00** **25 TSS** SESSION: 1 x 20 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** **1:30:00** **119 TSS** SESSION: 1 x 75 mins @ Z2 + 10 mins @ HM pace Aerobic Endurance: These workouts improve your ...	
	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: Getting Enough Sleep** Sleep is a large part of an athlete's recovery process; therefore, it is important to not neglect...			

Total Duration	4:40 **00:00**
Total Training Stress Score	300 **0**
Run Duration	3:21 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km