Week 1

Training plan

BCA | Half Marathon ~ 6 wks. - ELITE SENIORS - (7-…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 5	Day 29	30	31	32	33	34	35	
	Transformation Phase | Specificity - WEEK 5	**Aerobic Endurance Run** **0:30:00** **38 TSS** SESSION: 1 x 30 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...	**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...	**Tempo Run** **0:54:00** **76 TSS** SESSION: 1 x 42 mins @ Z3 Tempo: Running at this intensity works on developing your race pace...	**Rest Day** Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...	**HM Pace Finish Run** **2:20:00** **192 TSS** SESSION: 1 x 1:50 hours @ Z2 + 25 mins @ HM pace Aerobic Endurance: These workouts improve yo...	**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...	Total Duration 6:43 **00:00** Total Training Stress Score 473 **0** Run Duration 5:23 **00:00** Strength Duration 1:20 **00:00** Distance 0.00 km
	Step-UP-Intervals Run **0:58:30** **83 TSS** SESSION: 3 x (9 mins @ high Z3/4 + 3:30 mins @ low Z5 + 3 mins @ Z1). Step-UP: These interval...	**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...	**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...			