Training plan 1 5 6 Week 1 BCA | Half Marathon ~ 6 wks. - INTERMEDIATE MAS... Mon Tues Wed Thurs Fri Sat Sun Summary Day 8 10 12 13 14 **Total Duration** 5:43 00:00 **Total Training Stress Score** 385 0 ++ Run Duration 4:23 00:00 Accumulation Phase | Volume -Threshold Run Aerobic Endurance Run S&C: Strength Tempo Run Aerobic Endurance Run Aerobic Endurance Run WEEK 2 0:43:00 0:40:00 0:40:00 0:45:00 0:25:00 1:50:00 1:20 00:00 Strength Duration AIMS of Accumulation Phase 62 TSS **52 TSS** 17 TSS 60 TSS 32 TSS 146 TSS - Build base endurance. SESSION: SESSION: SESSION: SESSION: SESSION: SESSION: - Gain lots of zone 2 work. 3 x 9 mins @ Z4 w/ 2 mins @ Z1 1 x 40 mins @ Z2 30-45 minutes 3 x 10 mins @ Z3 w/ 90 secs @ Z1 1 x 25 mins @ Z2 1 x 1:50 hours @ Z2 Distance 0.00 km - Prepare body ... Threshold: Your threshold refers to the Aerobic Endurance: Training by this nature EXERCISES: Lower Body exercises should Tempo: Running at this intensity works on Aerobic Endurance: Training by this nature Aerobic Endurance: Training by this nature intensity you... uses oxygen, fats, and g... be done between 60-80% of 1 Rep., developin... uses oxygen, fats, and g... uses oxygen, fats, an... Rest Day Rest Day: On rest days you should try to ++ keep away from any intensity physical activity. However.... S&C: Strength **Pre-Activity Comments Training Workout Videos** 0:40:00 In your settings under layout, you can The BCA YouTube Channel includes change the view of your TrainingPeaks 17 TSS workout videos incase vou do not have Calendar, Consider t... access to a gym. See the I... SESSION: Training Video: The Accumulation 30-45 minutes Phase EXERCISES: Lower Body exercises should The Accumulation phase will often be the longest phase during your training plan. As be done between 60-80% of 1 Rep... a result BCA...