Week 1

Training plan

BCA | Half Marathon ~ 12 wks. - ADVANCED - (6.5-7.…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 7	Day 43	44	45	46	47	48	49	Summary

Accumulation Phase | Volume - WEEK 7

Rest Day
Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...

Threshold Run
0:49:00
73 TSS
SESSION:
3 x 11 mins @ Z4 w/ 2 mins @ Z1

Threshold: Your threshold refers to the intensity yo...

S&C: Strength
0:40:00
17 TSS
SESSION:
30-45 minutes

EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...

Aerobic Endurance Run
1:10:00
92 TSS
SESSION:
1 x 70 mins @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, and g...

Aerobic Endurance Run
0:50:00
65 TSS
SESSION:
1 x 50 mins @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, and g...

S&C: Strength
0:40:00
17 TSS
SESSION:
30-45 minutes

EXERCISES: Lower Body exercises should be done between 60-80% of 1 Rep...

Maximal Aerobic Pace Run
0:46:00
67 TSS
SESSION:
5 x 5 mins @ low Z5 w/ 90 secs @ Z1

Maximal Aerobic Pace: MAP is the roughly the low...

Training Video: Post Activation Potentiation
Post-activation potentiation is the phenomenon which suggests the benefits of warming up properly...

Aerobic Endurance Run
0:50:00
65 TSS
SESSION:
1 x 50 mins @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, and g...

Aerobic Endurance Run
1:55:00
152 TSS
SESSION:
1 x 1:55 hours @ Z2

Aerobic Endurance: Training by this nature uses oxygen, fats, an...

Summary	
Total Duration	7:40 **00:00**
Total Training Stress Score	546 **0**
Run Duration	6:20 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km