Week 1

Training plan

BCA | Half Marathon ~ 24 wks. - INTERMEDIATE - (4,...

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 16	Day 106	107	108	109	110	111	112	
	Accumulation Phase | Volume - WEEK 16 **Threshold Run** **0:46:00** **67 TSS** SESSION: 3 x 10 mins @ Z4 w/ 2 mins @ Z1 Threshold: Your threshold refers to the intensity yo...	**Aerobic Endurance Run** **1:00:00** **78 TSS** SESSION: 1 x 60 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...	**Rest Day** Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...	**Maximal Aerobic Pace Run** **0:43:30** **62 TSS** SESSION: 5 x 4:30 mins @ low Z5 w/ 90 secs @ Z1 Maximal Aerobic Pace: MAP is the roughly the ...	**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... **Training Video: Supplementation for Athletes** Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...	**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...	**Aerobic Endurance Run** **0:40:00** **52 TSS** SESSION: 1 x 40 mins @ Z2 Aerobic Endurance: Training by this nature uses oxygen, fats, and g...	

Total Duration	6:24 **00:00**
Total Training Stress Score	444 **0**
Run Duration	5:05 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km