Week 1

Training plan

BCA | Half Marathon ~ 24 wks. - ELITE MASTERS - (…

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Summary
Week 16	Day 106	107	108	109	110	111	112	

Accumulation Phase | Volume - WEEK 16

Tempo Run
0:50:30
69 TSS
SESSION:
2 x 18 mins @ Z3 w/ 2:30 mins @ Z1

Tempo: Running at this intensity works on develop...

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
1:20:00
105 TSS
SESSION:
1 x 80 mins @ Z2

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

Aerobic Endurance Run
1:05:00
85 TSS
SESSION:
1 x 65 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...

Strength Tempo Run
0:50:00
70 TSS
SESSION:
1 x 50 mins @ Z2/3

Strength Tempo: These are running specific strength workouts and ...

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

Training Video: Supplementation for Athletes
Supplementation is at the top of the nutrition pyramid meaning it is the least important, however...

Aerobic Endurance Run
2:20:00
186 TSS
SESSION:
1 x 2:20 hours @ Z2

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

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...

Summary

Total Duration	8:36 **00:00**
Total Training Stress Score	613 **0**
Run Duration	7:15 **00:00**
Strength Duration	1:20 **00:00**

Distance 0.00 km