

Week 1						Training plan		BCA   Half Marathon ~ 24 wks. - ELITE MASTERS - (...)							
Mon		Tues		Wed		Thurs		Fri		Sat		Sun		> Summary	
Week 2		Day 8		9		10		11		12		13		14	
<div><div></div><div>Preparation Phase   Foundation - WEEK 2</div><div>AIMS of Preparation Phase<ul style="list-style-type: none"><li>- Set base strength.</li><li>- Prevent peaking to early.</li><li>- Prepare the body ...</li></ul></div></div> <div><div></div><div>Rest Day</div><div>Rest Day: On rest days you should try to keep away from any intensity physical activity. However,...</div></div> <div><div></div><div>Training Video: The Preparation Phase</div><div>The Preparation Phase is the first phase of training you will go through, watch the below video t...</div></div>		<div><div></div><div>VO2max Run</div><div>0:40:00</div><div>53 TSS</div><div>SESSION: 5 x 3 mins @ high Z5 w/ 2:30 mins @ Z1</div><div>VO2max: These intervals are working roughly</div><div>...</div><div></div></div>		<div><div></div><div>Aerobic Endurance Run</div><div>1:00:00</div><div>78 TSS</div><div>SESSION: 1 x 60 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div> <div><div></div><div>S&amp;C: Maximal</div><div>0:40:00</div><div>17 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div>		<div><div></div><div>Aerobic Endurance Run</div><div>0:50:00</div><div>65 TSS</div><div>SESSION: 1 x 50 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div> <div><div></div><div>Pre-Activity Comments</div><div>In your settings under layout, you can change the view of your TrainingPeaks Calendar. Consider t...</div></div>		<div><div></div><div>Maximal Aerobic Pace Run</div><div>0:41:45</div><div>56 TSS</div><div>SESSION: 5 x 3:45 mins @ low Z5 w/ 2 mins @ Z1</div><div>Maximal Aerobic Pace: MAP is the roughly the l...</div><div></div></div> <div><div></div><div>S&amp;C: Maximal</div><div>0:40:00</div><div>17 TSS</div><div>SESSION: 30-45 minutes</div><div>EXERCISES: Lower Body exercises should be done between 80-85% of 1 Rep...</div></div>		<div><div></div><div>Aerobic Endurance Run</div><div>0:40:00</div><div>52 TSS</div><div>SESSION: 1 x 40 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div> <div><div></div><div>Training Workout Videos</div><div>The BCA YouTube Channel includes workout videos incase you do not have access to a gym. See the l...</div></div>		<div><div></div><div>Aerobic Endurance Run</div><div>1:25:00</div><div>112 TSS</div><div>SESSION: 1 x 85 mins @ Z2</div><div>Aerobic Endurance: Training by this nature uses oxygen, fats, and g...</div><div></div></div>		<div><div></div><div>Total Duration</div><div>6:37 00:00</div></div> <div><div></div><div>Total Training Stress Score</div><div>449 0</div></div> <div><div></div><div>Run Duration</div><div>5:17 00:00</div></div> <div><div></div><div>Strength Duration</div><div>1:20 00:00</div></div> <div><div></div><div>Distance</div><div>0.00 km</div></div>	