

# Summer Rotations

## BLOCK 1

Conditioning/Over Distance			250:00:00 300:00:00 350:00:00 400:00:00 420:00:00 460:00:00 500:00:00 529:00:00 550:00:00 600:00:00										
Week 1	Workout & Zone		Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
4/24/23	Monday	Off											
4/25/23	Tuesday	Active Recovery <60% of Max	Running	0:15:00	0:15:00	0:20:00	0:25:00	0:25:00	0:30:00	0:35:00	0:35:00	0:40:00	0:40:00
		Strength/Coregasm/Yoga		0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00
4/26/23	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	0:30:00	0:40:00	0:45:00	0:55:00	1:00:00	1:10:00	1:15:00	1:20:00	1:25:00	1:35:00
		Active Recovery <60% of Max	Running	0:10:00	0:10:00	0:15:00	0:15:00	0:20:00	0:20:00	0:25:00	0:25:00	0:25:00	0:30:00
4/27/23	Thursday	Strength/Coregasm/Yoga		0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00
		Over Distance 60-70% of Max	Rollerski/bike/swim	0:25:00	0:30:00	0:40:00	0:50:00	0:50:00	0:55:00	1:05:00	1:10:00	1:10:00	1:20:00
4/29/23	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:45:00	1:00:00	1:20:00	1:35:00	1:40:00	1:50:00	2:05:00	2:15:00	2:20:00	2:35:00
		Active Recovery <60% of Max	Your Choice	0:20:00	0:30:00	0:35:00	0:40:00	0:45:00	0:50:00	0:55:00	1:00:00	1:05:00	1:10:00
			<b>Strength/Yoga</b>	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
			<b>Aerobic Hours</b>	2:25:00	3:05:00	3:55:00	4:40:00	5:00:00	5:35:00	6:20:00	6:45:00	7:05:00	7:50:00
			<b>Total Hours</b>	<b>3:55:00</b>	<b>4:35:00</b>	<b>5:25:00</b>	<b>6:10:00</b>	<b>6:30:00</b>	<b>7:05:00</b>	<b>7:50:00</b>	<b>8:15:00</b>	<b>8:35:00</b>	<b>9:20:00</b>

Conditioning/Over Distance			250:00:00 300:00:00 350:00:00 400:00:00 420:00:00 460:00:00 500:00:00 529:00:00 550:00:00 600:00:00										
	Workout & Zone		Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
5/1/23	Monday	Off											
5/2/23	Tuesday	Active Recovery <60% of Max	Running	0:15:00	0:20:00	0:25:00	0:30:00	0:35:00	0:35:00	0:40:00	0:45:00	0:45:00	0:50:00
		Strength/Coregasm/Yoga		0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00
5/3/23	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	0:35:00	0:45:00	1:00:00	1:10:00	1:15:00	1:20:00	1:30:00	1:35:00	1:40:00	1:50:00
		Active Recovery <60% of Max	Running	0:10:00	0:15:00	0:15:00	0:20:00	0:20:00	0:25:00	0:25:00	0:30:00	0:30:00	0:35:00
5/4/23	Thursday	Strength/Coregasm/Yoga		0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00
		Over Distance 60-70% of Max	Rollerski/bike/swim	0:30:00	0:40:00	0:50:00	1:00:00	1:00:00	1:10:00	1:15:00	1:20:00	1:25:00	1:35:00
5/6/23	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:00:00	1:20:00	1:35:00	1:55:00	2:00:00	2:15:00	2:30:00	2:40:00	2:45:00	3:05:00
		Active Recovery <60% of Max	Your Choice	0:25:00	0:35:00	0:45:00	0:50:00	0:55:00	1:00:00	1:10:00	1:15:00	1:15:00	1:25:00
			<b>Strength/Yoga</b>	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
			<b>Aerobic Hours</b>	2:55:00	3:55:00	4:50:00	5:45:00	6:05:00	6:45:00	7:30:00	8:05:00	8:20:00	9:20:00
			<b>Total Hours</b>	<b>4:25:00</b>	<b>5:25:00</b>	<b>6:20:00</b>	<b>7:15:00</b>	<b>7:35:00</b>	<b>8:15:00</b>	<b>9:00:00</b>	<b>9:35:00</b>	<b>9:50:00</b>	<b>10:50:00</b>

Conditioning/Over Distance													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
5/8/23	Monday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:15:00	0:15:00	0:20:00	0:25:00	0:25:00	0:30:00	0:30:00	0:35:00	0:35:00	0:40:00
5/9/23	Tuesday	Active Recovery <60% of Max	Running	0:20:00	0:25:00	0:30:00	0:35:00	0:40:00	0:45:00	0:50:00	0:50:00	0:55:00	1:00:00
		<i>Strength/Coregasm/Yoga</i>		0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00
5/10/23	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	0:35:00	0:50:00	1:00:00	1:10:00	1:15:00	1:20:00	1:30:00	1:35:00	1:40:00	1:50:00
5/11/23	Thursday	Active Recovery <60% of Max	Running	0:15:00	0:15:00	0:20:00	0:25:00	0:25:00	0:30:00	0:30:00	0:35:00	0:35:00	0:40:00
		<i>Strength/Coregasm/Yoga</i>		0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00
5/12/23	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:35:00	0:50:00	1:00:00	1:10:00	1:15:00	1:20:00	1:30:00	1:35:00	1:40:00	1:50:00
5/13/23	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:05:00	1:25:00	1:45:00	2:00:00	2:10:00	2:25:00	2:40:00	2:50:00	3:00:00	3:15:00
5/14/23	Sunday	Active Recovery <60% of Max	Your Choice	0:35:00	0:40:00	0:50:00	1:00:00	1:05:00	1:10:00	1:20:00	1:25:00	1:30:00	1:40:00
			<b>Strength/Yoga</b>	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
			<b>Aerobic Hours</b>	3:40:00	4:40:00	5:45:00	6:45:00	7:15:00	8:00:00	8:50:00	9:25:00	9:55:00	10:55:00
			<b>Total Hours</b>	<b>5:10:00</b>	<b>6:10:00</b>	<b>7:15:00</b>	<b>8:15:00</b>	<b>8:45:00</b>	<b>9:30:00</b>	<b>10:20:00</b>	<b>10:55:00</b>	<b>11:25:00</b>	<b>12:25:00</b>

Recovery													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
5/15/23	Monday	Off											
5/16/23	Tuesday	Active Recovery <60% of Max	Stretch, roll, massage, yoga	0:05:00	0:10:00	0:10:00	0:10:00	0:15:00	0:15:00	0:15:00	0:15:00	0:20:00	0:20:00
		<i>OFF</i>		0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
5/17/23	Wednesday	Active Recovery <60% of Max	Run, rollerski or whatever team is doing	0:30:00	0:40:00	0:50:00	0:55:00	1:00:00	1:05:00	1:15:00	1:20:00	1:25:00	1:30:00
5/18/23	Thursday	Dynamic Warmup	Running, etc.	0:05:00	0:10:00	0:10:00	0:10:00	0:15:00	0:15:00	0:15:00	0:15:00	0:20:00	0:20:00
		<i>Strength/Coregasm/Yoga</i>		0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00
5/19/23	Friday	Off		0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
5/20/23	Saturday	Active Recovery <60% of Max	Rollerski/bike/swim	0:45:00	0:55:00	1:10:00	1:20:00	1:25:00	1:35:00	1:45:00	1:55:00	2:00:00	2:10:00
5/21/23	Sunday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:20:00	0:30:00	0:35:00	0:40:00	0:45:00	0:50:00	0:55:00	0:55:00	1:00:00	1:05:00
			<b>Strength/Yoga</b>	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00
			<b>Aerobic Hours</b>	1:45:00	2:25:00	2:55:00	3:15:00	3:40:00	4:00:00	4:25:00	4:40:00	5:05:00	5:25:00
			<b>Total Hours</b>	<b>2:30:00</b>	<b>3:10:00</b>	<b>3:40:00</b>	<b>4:00:00</b>	<b>4:25:00</b>	<b>4:45:00</b>	<b>5:10:00</b>	<b>5:25:00</b>	<b>5:50:00</b>	<b>6:10:00</b>