

Fall Rotations

Conditioning/Over Distance											
Date	Volume	Workout	Suggested Activity	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
				9/17/18	Monday	OD	Your Choice	0:16:12	0:21:36	0:24:18	0:26:17
	Tuesday	Running	Running, etc.	0:16:12	0:21:36	0:24:18	0:26:17	0:29:20	0:32:24	0:34:34	0:36:11
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	OD	Running	0:30:36	0:40:48	0:45:54	0:49:38	0:55:25	1:01:12	1:05:17	1:08:20
	Thursday	Running	Running, etc.	0:16:12	0:21:36	0:24:18	0:26:17	0:29:20	0:32:24	0:34:34	0:36:11
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:23:24	0:31:12	0:35:06	0:37:58	0:42:23	0:46:48	0:49:55	0:52:16
	Saturday	Off									
	Sunday	OD	Do something fun!	0:54:00	1:12:00	1:21:00	1:27:36	1:37:48	1:48:00	1:55:12	2:00:36
Strength/Yoga				2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
Aerobic Hours				3:00:00	4:00:00	4:30:00	4:52:00	5:26:00	6:00:00	6:24:00	6:42:00
Total Hours				5:00:00	6:00:00	6:30:00	6:52:00	7:26:00	8:00:00	8:24:00	8:42:00

Conditioning/Quadraped											
Date	Volume	Workout	Suggested Activity	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
				9/24/18	Monday	OD	Your Choice	0:30:01	0:36:50	0:43:38	0:46:21
	Tuesday	Running	Running, etc.	0:30:01	0:36:50	0:43:38	0:46:21	0:51:48	0:57:14	1:01:11	1:04:03
		Core & Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	OD	Running with poles	0:56:43	1:09:34	1:22:25	1:27:33	1:37:50	1:48:07	1:55:34	2:00:58
	Thursday	Running	Running, etc.	0:30:01	0:36:50	0:43:38	0:46:21	0:51:48	0:57:14	1:01:11	1:04:03
		Strength/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:43:22	0:53:12	1:03:01	1:06:57	1:14:49	1:22:41	1:28:23	1:32:30
	Saturday	OD	Running	1:40:05	2:02:46	2:25:26	2:34:31	2:52:39	3:10:48	3:23:57	3:33:29
	Sunday	OD		0:43:22	0:53:12	1:03:01	1:06:57	1:14:49	1:22:41	1:28:23	1:32:30
Strength/Yoga				2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
Aerobic Hours				5:33:36	6:49:12	8:04:48	8:35:02	9:35:31	10:36:00	11:19:51	11:51:36
Total Hours				7:33:36	8:49:12	10:04:48	10:35:02	11:35:31	12:36:00	13:19:51	13:51:36

Hill Resistance/LT											
Date	Volume	Workout	Suggested Activity	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
				10/1/18	Monday	OD	Your Choice	0:30:01	0:36:50	0:43:38	0:46:21
	Tuesday	Running	Running, etc.	0:30:01	0:36:50	0:43:38	0:46:21	0:51:48	0:57:14	1:01:11	1:04:03
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	OD	Running with poles	0:56:43	1:09:34	1:22:25	1:27:33	1:37:50	1:48:07	1:55:34	2:00:58
	Thursday	Running	Running, etc.	0:30:01	0:36:50	0:43:38	0:46:21	0:51:48	0:57:14	1:01:11	1:04:03
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:43:22	0:53:12	1:03:01	1:06:57	1:14:49	1:22:41	1:28:23	1:32:30
	Saturday	OD	Running	1:40:05	2:02:46	2:25:26	2:34:31	2:52:39	3:10:48	3:23:57	3:33:29
	Sunday	Medal Test		0:43:22	0:53:12	1:03:01	1:06:57	1:14:49	1:22:41	1:28:23	1:32:30
Strength/Yoga				2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
Aerobic Hours				5:33:36	6:49:12	8:04:48	8:35:02	9:35:31	10:36:00	11:19:51	11:51:36
Total Hours				7:33:36	8:49:12	10:04:48	10:35:02	11:35:31	12:36:00	13:19:51	13:51:36

Hill Resistance/LT											
Date	Volume	Workout	Suggested Activity	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
				10/8/18	Monday	OD	Your Choice	0:25:29	0:31:32	0:37:35	0:40:00
	Tuesday	Running	Running, etc.	0:25:29	0:31:32	0:37:35	0:40:00	0:44:50	0:49:41	0:53:11	0:57:56
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	8:00:00
	Wednesday	OD	Running with poles	0:48:09	0:59:34	1:11:00	1:15:34	1:24:42	1:33:50	1:40:28	0:33:52
	Thursday	Running	Running, etc.	0:25:29	0:31:32	0:37:35	0:40:00	0:44:50	0:49:41	0:53:11	0:57:56
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:36:49	0:45:33	0:54:17	0:57:47	1:04:46	1:11:46	1:16:50	0:25:54
	Saturday	OD	Running	1:24:58	1:45:07	2:05:17	2:13:21	2:29:28	2:45:36	2:57:18	0:59:46
	Sunday	OD	Rollerski or run with poles	0:36:49	0:45:33	0:54:17	0:57:47	1:04:46	1:11:46	1:16:50	0:25:54
Strength/Yoga				2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	9:00:00
Aerobic Hours				4:43:12	5:50:24	6:57:36	7:24:29	8:18:14	9:12:00	9:50:59	3:19:12
Total Hours				6:43:12	7:50:24	8:57:36	9:24:29	10:18:14	11:12:00	11:50:59	12:19:12

Anaerobic Development - Fort Robinson											
Date	Volume	Workout	Suggested Activity	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
				10/15/18	Monday	OFF					
	Tuesday	Running	Running, etc.	0:25:29	0:31:32	0:37:35	0:40:00	0:44:50	0:49:41	0:53:11	0:55:44
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	Intervals/Hill bounding	Running with poles	1:16:28	1:34:36	1:52:45	2:00:01	2:14:31	2:29:02	2:39:34	2:47:11
	Thursday	Running	Running, etc.	0:48:09	0:59:34	1:11:00	1:15:34	1:24:42	1:33:50	1:40:28	1:45:16
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:48:09	0:59:34	1:11:00	1:15:34	1:24:42	1:33:50	1:40:28	1:45:16
	Saturday	Hill Bounding	Running with poles	1:24:58	1:45:07	2:05:17	2:13:21	2:29:28	2:45:36	2:57:18	3:05:46
		Rollerski	Rollerski								
	Sunday	Uphill Time-Trial	Rollerski								
Strength/Yoga				2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
Aerobic Hours				4:43:12	5:50:24	6:57:36	7:24:29	8:18:14	9:12:00	9:50:59	10:19:12
Total Hours				6:43:12	7:50:24	8:57:36	9:24:29	10:18:14	11:12:00	11:50:59	12:19:12

Recovery											
Date	Volume	Workout	Suggested Activity	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
				10/22/18	Monday	OFF					
	Tuesday	Running	Running, etc.	0:16:12	0:21:36	0:24:18	0:26:17	0:29:20	0:32:24	0:34:34	0:36:11
		Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	Hill Resistance	Running with poles	0:48:36	1:04:48	1:12:54	1:18:50	1:28:01	1:37:12	1:43:41	1:48:32

Thursday	Running	Running, etc.	0:30:36	0:40:48	0:45:54	0:49:38	0:55:25	1:01:12	1:05:17	1:08:20	
	Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	
Friday	Off										
Saturday	On your own	Running	0:54:00	1:12:00	1:21:00	1:27:36	1:37:48	1:48:00	1:55:12	2:00:36	
Sunday	OFF										
		Strength/Yoga	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	
		Aerobic Hours	3:00:00	4:00:00	4:30:00	4:52:00	5:26:00	6:00:00	6:24:00	6:42:00	
		Total Hours	5:00:00	6:00:00	6:30:00	6:52:00	7:26:00	8:00:00	8:24:00	8:42:00	
Anaerobic Development											
Date	Volume	Workout	Suggested Activity	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
10/29/18	Monday	OFF									
	Tuesday	Running	Running, etc.	0:11:53	0:15:40	0:19:26	0:20:57	0:23:59	0:27:00	0:29:12	0:30:47
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	Intervals/Hillbounding	rollerski/hillbounding	0:35:38	0:46:59	0:58:19	1:02:51	1:11:56	1:21:00	1:27:35	1:32:20
	Thursday	Running	Running, etc.	0:22:26	0:29:35	0:36:43	0:39:35	0:45:17	0:51:00	0:55:08	0:58:08
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Off									
	Saturday	Silent Trails	Running	0:39:36	0:52:12	1:04:48	1:09:50	1:19:55	1:30:00	1:37:18	1:42:36
	Sunday	OFF									
		Strength/Yoga	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
		Aerobic Hours	2:12:00	2:54:00	3:36:00	3:52:48	4:26:24	5:00:00	5:24:22	5:42:00	
		Total Hours	4:12:00	4:54:00	5:36:00	5:52:48	6:26:24	7:00:00	7:24:22	7:42:00	
Anaerobic Development											
Date	Volume	Workout	Suggested Activity	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
11/5/18	Monday	OFF									
	Tuesday	Running	Running, etc.	0:20:57	0:26:15	0:31:32	0:33:39	0:37:53	0:42:07	0:45:11	0:47:25
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	Intervals/Hillbounding	rollerski/hillbounding	1:02:51	1:18:44	1:34:36	1:40:58	1:53:40	2:06:22	2:15:34	2:22:14
	Thursday	Running	Running, etc.	0:39:35	0:49:34	0:59:34	1:03:34	1:11:34	1:19:34	1:25:21	1:29:33
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Off									
	Saturday	Silent Trails	Running	1:09:50	1:27:29	1:45:07	1:52:11	2:06:17	2:20:24	2:30:38	2:38:02
	Sunday	OFF									
		Strength/Yoga	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
		Aerobic Hours	3:52:48	4:51:36	5:50:24	6:13:55	7:00:58	7:48:00	8:22:06	8:46:48	
		Total Hours	5:52:48	6:51:36	7:50:24	8:13:55	9:00:58	9:48:00	10:22:06	10:46:48	
Anaerobic Development											
Date	Volume	Workout	Suggested Activity	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
11/12/18	Monday	OFF									
	Tuesday	Running	Running, etc.	0:30:01	0:36:50	0:43:38	0:46:21	0:51:48	0:57:14	1:01:11	1:04:03
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	Intervals/Hillbounding	rollerski/hillbounding	1:06:43	1:21:50	1:36:58	1:43:00	1:55:06	2:07:12	2:15:58	2:22:19
	Thursday	Running	Running, etc.	0:30:01	0:36:50	0:43:38	0:46:21	0:51:48	0:57:14	1:01:11	1:04:03
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:56:43	1:09:34	1:22:25	1:27:33	1:37:50	1:48:07	1:55:34	2:00:58
	Saturday	OD	TBA	1:40:05	2:02:46	2:25:26	2:34:31	2:52:39	3:10:48	3:23:57	3:33:29
	Sunday	LSD	Run, Hike or whatever you want	0:50:02	1:01:23	1:12:43	1:17:15	1:26:20	1:35:24	1:41:59	1:46:44
		Strength/Yoga	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
		Aerobic Hours	5:33:36	6:49:12	8:04:48	8:35:02	9:35:31	10:36:00	11:19:51	11:51:36	
		Total Hours	7:33:36	8:49:12	10:04:48	10:35:02	11:35:31	12:36:00	13:19:51	13:51:36	
Over Distance- Season Prep											
Date	Volume	Workout	Suggested Activity	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
11/19/18	Monday	OFF									
	Tuesday	Ski		0:49:02	0:58:06	1:07:11	1:10:48	1:18:04	1:25:19	1:30:35	1:34:24
		Strength/Core/Yoga		0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Wednesday	Ski		1:59:51	2:22:02	2:44:12	2:53:05	3:10:49	3:28:34	3:41:25	3:50:44
	Thursday	Ski		1:59:51	2:22:02	2:44:12	2:53:05	3:10:49	3:28:34	3:41:25	3:50:44
		Strength/Core/Yoga		0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Friday	Ski		1:59:51	2:22:02	2:44:12	2:53:05	3:10:49	3:28:34	3:41:25	3:50:44
	Saturday	Race on Grand Mesa		1:15:36	1:28:12	1:40:48	1:45:50	1:55:55	2:06:00	2:13:18	2:18:36
	Sunday	Ski		1:15:36	1:28:12	1:40:48	1:45:50	1:55:55	2:06:00	2:13:18	2:18:36
		Strength/Yoga	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
		Aerobic Hours	9:04:48	10:45:36	12:26:24	13:06:43	14:27:22	15:48:00	16:46:28	17:28:48	
		Total Hours	10:04:48	11:45:36	13:26:24	14:06:43	15:27:22	16:48:00	17:46:28	18:28:48	
Recovery											
Date	Volume	Workout	Suggested Activity	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
11/26/18	Monday	OFF									
	Tuesday	Running	Running, etc.	0:16:12	0:21:36	0:24:18	0:26:17	0:29:20	0:32:24	0:34:34	0:36:11
		Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	Hill Resistance	Running with poles	0:48:36	1:04:48	1:12:54	1:18:50	1:28:01	1:37:12	1:43:41	1:48:32
	Thursday	Running	Running, etc.	0:30:36	0:40:48	0:45:54	0:49:38	0:55:25	1:01:12	1:05:17	1:08:20
		Strength/Core/Yoga		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Off									
	Saturday	On your own	Running	0:54:00	1:12:00	1:21:00	1:27:36	1:37:48	1:48:00	1:55:12	2:00:36
	Sunday	OFF									
		Strength/Yoga	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
		Aerobic Hours	3:00:00	4:00:00	4:30:00	4:52:00	5:26:00	6:00:00	6:24:00	6:42:00	
		Total Hours	5:00:00	6:00:00	6:30:00	6:52:00	7:26:00	8:00:00	8:24:00	8:42:00	