

Summer Training Schedule:

This is the first of three training blocks. The goal here is to get REALLY fit! Once you have this amazing base then the fall & winter will build on it with serious intensity.

We have the weekly hours broken down into Peppers. Remember that just like eating hot peppers it's not about how much you are willing to do but how much your body can actually take! If you don't know which pepper you are please contact us to help you decide. Doing too much can actually be more damaging than not training!

Twice a week you should do core, strength and yoga/flexibility/balance. See the strength schedule for details.

Important Information:

- This training just a suggestion; it should be adjusted as you need.
- We expect your weeks to ebb and flow with your own body, work schedule, vacation plans, etc.
- You should take a recovery week every 4th week. This week should have ½ of the hours of the other weeks. Any time you feel overtired or mentally burnt DON'T TRAIN! You can also do active recovery on these days if that feels better. You should also take at least one day off every two weeks.
- If you feel amazing feel free to do MORE over distance!
- This is the base training, you can do fun extras, such as pickup soccer, as you see fit but don't let the extras take away from your core training.
- If you want to race the race should be at least an hour long, don't do too many short ones.
- If you do something fun/hard you may need to take a day off or do active recovery.
- You should do strength and yoga/stretching twice a week in addition to these workouts.
- It's always a good idea to active recovery on days off or any other time that seems like fun!
- Mix up the activities: try to do mostly running with 1-2 days/week on rollerskis and throw in some biking, swimming, hiking, paddling, etc. Keep it fun and interesting!

Basically we want you to explore your world! Get out in whatever form you want to see how many places you can explore and using your own body as a vehicle!

This training Schedule puts a lot of responsibility on you learning to know your body. Only you can determine whether it is successful. If you do this correctly you will improve, if you do not (e.g. commonly become anaerobic in workouts) overreaching / overtraining is possible / likely.

Summer Weekly Training

Banana			Cayenne		
Yearly Hours	250:00:00		Yearly Hours	300:00:00	
Day	OD	Core	Day	OD	Core
Mon	Off		Mon	Off	
Tues	0:30:00	0:20:00	Tues	0:30:00	0:20:00
Wed	1:30:00		Wed	1:45:00	
Thurs	0:30:00	0:20:00	Thurs	0:30:00	0:20:00
Fri	1:00:00		Fri	1:20:00	
Sat	1:00:00		Sat	1:15:00	
Sun	2:00:00		Sun	2:30:00	
Weekly Hours	6:30:00	0:40:00	Weekly Hours	7:50:00	0:40:00
Summer Hours	78:00:00	8:00:00	Summer Hours	94:00:00	8:00:00

Tabasco		
Yearly Hours	350:00:00	
Day	OD	Core/Dips/Pullups
Mon	0:45:00	
Tues	0:45:00	0:45:00
Wed	1:30:00	
Thurs	0:45:00	0:45:00
Fri	1:00:00	
Sat	0:55:00	
Sun	2:45:00	
Weekly Hours	8:25:00	1:30:00
Summer Hours	101:00:00	18:00:00

Jalapeno		
Yearly Hours	350:00:00	
Day	OD	Strength
Mon	1:00:00	
Tues	0:30:00	1:00:00
Wed	1:30:00	
Thurs	0:30:00	1:00:00
Fri	1:00:00	
Sat	1:00:00	
Sun	3:00:00	
Weekly Hours	8:30:00	2:00:00
Summer Hours	102:00:00	24:00:00

Thai		
Yearly Hours	420:00:00	
Day	OD	Strength
Mon	1:00:00	
Tues	0:45:00	1:00:00
Wed	1:30:00	
Thurs	0:45:00	1:00:00
Fri	1:00:00	
Sat	1:00:00	
Sun	3:00:00	
Weekly Hours	9:00:00	2:00:00
Summer Hours	108:00:00	24:00:00

Rocoto		
Yearly Hours	460:00:00	
Day	OD	Strength
Mon	1:00:00	
Tues	0:45:00	1:00:00
Wed	2:00:00	
Thurs	0:45:00	1:00:00
Fri	1:30:00	
Sat	1:15:00	
Sun	3:00:00	
Weekly Hours	10:15:00	2:00:00
Summer Hours	123:00:00	24:00:00