

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	
5/2/22	Monday	Off											
5/3/22	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
5/4/22	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
5/5/22	Thursday	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
		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
5/6/22	Friday	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
5/7/22	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
5/8/22	Sunday	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
		Strength/Yoga		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
		Aerobic Hours		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
		Total Hours		3:55:00	4:35:00	5:25:00	6:10:00	6:30:00	7:05:00	7:50:00	8:15:00	8:35:00	9:20:00

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	
5/9/22	Monday	Off											
5/10/22	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	0:50:00	
		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	
5/11/22	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
5/12/22	Thursday	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
		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	
5/13/22	Friday	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
5/14/22	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
5/15/22	Sunday	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
		Strength/Yoga		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
		Aerobic Hours		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
		Total Hours		4:25:00	5:25:00	6:20:00	7:15:00	7:35:00	8:15:00	9:00:00	9:35:00	9:50:00	10:50:00

Conditioning/Over Distance													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
5/16/22	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
5/17/22	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
5/18/22	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
5/19/22	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
5/20/22	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
5/21/22	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
5/22/22	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
		Strength/Yoga		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
		Aerobic Hours		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
		Total Hours		5:10:00	6:10:00	7:15:00	8:15:00	8:45:00	9:30:00	10:20:00	10:55:00	11:25:00	12:25:00

Recovery													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
5/23/22	Monday	Off											
5/24/22	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
5/25/22	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
5/26/22	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
5/27/22	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
5/28/22	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
5/29/22	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
		Strength/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
		Aerobic Hours		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
		Total Hours		2:30:00	3:10:00	3:40:00	4:00:00	4:25:00	4:45:00	5:10:00	5:25:00	5:50:00	6:10:00