

Conditioning/Over Distance													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
8/8/22	Monday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:25:00	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
8/9/22	Tuesday	Active Recovery <60% of Max	Running	0:35:00	0:45:00	0:55:00	1:00:00	1:05:00	1:15:00	1:20:00	1:25:00	1:30:00	1:40:00
		<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
8/10/22	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	1:10:00	1:25:00	1:40:00	2:00:00	2:05:00	2:20:00	2:30:00	2:40:00	2:50:00	3:05:00
8/11/22	Thursday	Active Recovery <60% of Max	Running	0:25:00	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
		<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
8/12/22	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	1:10:00	1:25:00	1:40:00	2:00:00	2:05:00	2:20:00	2:30:00	2:40:00	2:50:00	3:05:00
8/13/22	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	2:00:00	2:30:00	3:00:00	3:30:00	3:40:00	4:05:00	4:25:00	4:45:00	4:55:00	5:25:00
8/14/22	Sunday	Active Recovery <60% of Max	Your Choice	1:00:00	1:15:00	1:30:00	1:45:00	1:50:00	2:00:00	2:15:00	2:20:00	2:30:00	2:45:00
		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		6:45:00	8:20:00	9:55:00	11:35:00	12:15:00	13:40:00	14:50:00	15:40:00	16:35:00	18:10:00
		Total Hours		8:15:00	9:50:00	11:25:00	13:05:00	13:45:00	15:10:00	16:20:00	17:10:00	18:05:00	19:40:00

Recovery													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
8/15/22	Monday	Off											
8/16/22	Tuesday	Active Recovery <60% of Max	Stretch, roll, massage, yoga	0:10:00	0:10:00	0:15:00	0:20:00	0:20:00	0:20:00	0:25:00	0:25:00	0:25:00	0:30:00
		<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
8/17/22	Wednesday	Active Recovery <60% of Max	Run, rollerski or whatever team is doing	0:45:00	0:55:00	1:10:00	1:25:00	1:30:00	1:40:00	1:50:00	2:00:00	2:05:00	2:20:00
8/18/22	Thursday	Dynamic Warmup	Running, etc.	0:10:00	0:10:00	0:15:00	0:20:00	0:20:00	0:25:00	0:25:00	0:25:00	0:25:00	0:30:00
		<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
8/19/22	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
8/20/22	Saturday	Active Recovery <60% of Max	Rollerski/bike/swim	1:00:00	1:20:00	1:40:00	2:00:00	2:10:00	2:25:00	2:40:00	2:50:00	3:00:00	3:20:00
8/21/22	Sunday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:30:00	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		1:50:00	2:30:00	3:25:00	4:20:00	4:40:00	5:15:00	5:55:00	6:20:00	6:40:00	7:35:00
		Total Hours		3:20:00	4:00:00	4:55:00	5:50:00	6:10:00	6:45:00	7:25:00	7:50:00	8:10:00	9:05:00