

BLOCK 3

Conditioning/Over Distance			Suggested Activity										
Week 1	Workout & Zone			Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
6/27/22	Monday	Off											
6/28/22	Tuesday	Active Recovery <60% of Max	Running	0:15:00	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
6/29/22	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	0:30:00	1:05:00	1:20:00	1:30:00	1:35:00	1:50:00	2:00:00	2:05:00	2:15:00	2:25:00
6/30/22	Thursday	Active Recovery <60% of Max	Running	0:10:00	0:20:00	0:25:00	0:30:00	0:30:00	0:30:00	0:35:00	0:40:00	0:40:00	0:45:00
		<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
7/1/22	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:30:00	0:55:00	1:05:00	1:20:00	1:25:00	1:30:00	1:40:00	1:50:00	1:55:00	2:05:00
7/2/22	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:55:00	1:45:00	2:10:00	2:30:00	2:40:00	3:00:00	3:15:00	3:30:00	3:40:00	4:00:00
7/3/22	Sunday	Active Recovery <60% of Max	Your Choice	0:25:00	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
			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	2:45:00	5:25:00	6:35:00	7:40:00	8:10:00	9:00:00	9:55:00	10:35:00	11:10:00	12:10:00
			Total Hours	4:15:00	6:55:00	8:05:00	9:10:00	9:40:00	10:30:00	11:25:00	12:05:00	12:40:00	13:40:00

Conditioning/Over Distance			Suggested Activity										
	Workout & Zone			Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
7/4/22	Monday	Off											
7/5/22	Tuesday	Active Recovery <60% of Max	Running	0:15:00	0:35:00	0:40:00	0:50:00	0:50:00	1:00:00	1:05:00	1:10:00	1:10:00	1:20:00
		<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
7/6/22	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	0:35:00	1:20:00	1:35:00	1:50:00	1:55:00	2:10:00	2:20:00	2:30:00	2:40:00	2:55:00
7/7/22	Thursday	Active Recovery <60% of Max	Running	0:10:00	0:25:00	0:30:00	0:35:00	0:35:00	0:40:00	0:45:00	0:45:00	0:45:00	0:50:00
		<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
7/8/22	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:30:00	1:05:00	1:20:00	1:35:00	1:40:00	1:50:00	2:00:00	2:10:00	2:15:00	2:30:00
7/9/22	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:00:00	2:10:00	2:35:00	3:00:00	3:10:00	3:35:00	3:55:00	4:10:00	4:20:00	4:45:00
7/10/22	Sunday	Active Recovery <60% of Max	Your Choice	0:25:00	1:00:00	1:10:00	1:20:00	1:25:00	1:35:00	1:45:00	1:55:00	2:00:00	2:10:00
			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	6:35:00	7:50:00	9:10:00	9:35:00	10:50:00	11:50:00	12:40:00	13:10:00	14:30:00
			Total Hours	4:25:00	8:05:00	9:20:00	10:40:00	11:05:00	12:20:00	13:20:00	14:10:00	14:40:00	16:00:00

Conditioning/Over Distance													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
7/11/22	Monday	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	0:40:00	0:45:00	0:50:00	0:55:00	0:55:00	1:00:00
7/12/22	Tuesday	Active Recovery <60% of Max	Running	0:35:00	0:40:00	0:50:00	1:00:00	1:00:00	1:10:00	1:15:00	1:20:00	1:20:00	1:30:00
		<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
7/13/22	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	1:00:00	1:20:00	1:35:00	1:50:00	1:55:00	2:10:00	2:20:00	2:30:00	2:35:00	2:50:00
7/14/22	Thursday	Active Recovery <60% of Max	Running	0:20:00	0:30:00	0:35:00	0:40:00	0:40:00	0:45:00	0:50:00	0:55:00	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
7/15/22	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	1:00:00	1:20:00	1:35:00	1:50:00	1:55:00	2:10:00	2:20:00	2:30:00	2:35:00	2:50:00
7/16/22	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:50:00	2:20:00	2:45:00	3:10:00	3:25:00	3:45:00	4:05:00	4:25:00	4:35:00	5:00:00
7/17/22	Sunday	Active Recovery <60% of Max	Your Choice	0:55:00	1:10:00	1:20:00	1:35:00	1:40:00	1:55:00	2:05:00	2:10:00	2:15:00	2:30:00
		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		6:00:00	7:50:00	9:15:00	10:45:00	11:15:00	12:40:00	13:45:00	14:45:00	15:10:00	16:40:00
		Total Hours		7:30:00	9:20:00	10:45:00	12:15:00	12:45:00	14:10:00	15:15:00	16:15:00	16:40:00	18:10:00

Recovery													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
7/18/22	Monday	Off											
7/19/22	Tuesday	Active Recovery <60% of Max	Stretch, roll, massage, yoga	0:10:00	0:10:00	0:15:00	0:15:00	0:20:00	0:20:00	0:20:00	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
7/20/22	Wednesday	Active Recovery <60% of Max	Run, rollerski or whatever team is doing	0:40:00	0:50:00	1:05:00	1:15:00	1:20:00	1:35:00	1:45:00	1:50:00	1:55:00	2:10:00
7/21/22	Thursday	Dynamic Warmup	Running, etc.	0:10:00	0:10:00	0:15:00	0:15:00	0:20:00	0:25:00	0:20:00	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
7/22/22	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
7/23/22	Saturday	Active Recovery <60% of Max	Rollerski/bike/swim	0:55:00	1:15:00	1:30:00	1:50:00	2:00:00	2:10:00	2:25:00	2:35:00	2:45:00	3:05:00
7/24/22	Sunday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:30:00	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
		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		1:40:00	2:15:00	3:05:00	3:45:00	4:15:00	4:50:00	5:20:00	5:50:00	6:10:00	7:00:00
		Total Hours		3:10:00	3:45:00	4:35:00	5:15:00	5:45:00	6:20:00	6:50:00	7:20:00	7:40:00	8:30:00