

BLOCK 4

| Conditioning/Over Distance | | | Suggested Activity | | | | | | | | | | |
|----------------------------|----------------|-------------------------------|--|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Week 1 | Workout & Zone | | | Banana | Cayenne | Tabasco | Jalapeno | Thai | Rocoto | Habanero | Ghost | Naga | Viper |
| 7/25/22 | Monday | Off | | | | | | | | | | | |
| 7/26/22 | Tuesday | Active Recovery <60% of Max | Running | 0:15:00 | 0:30:00 | 0:40:00 | 0:45:00 | 0:45:00 | 0:55:00 | 1:00:00 | 1:00:00 | 1:05:00 | 1:10:00 |
| | | <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 |
| 7/27/22 | Wednesday | Over Distance 60-70% of Max | Run, rollerski or whatever team is doing | 0:35:00 | 1:10:00 | 1:25:00 | 1:40:00 | 1:45:00 | 1:55:00 | 2:10:00 | 2:15:00 | 2:25:00 | 2:40:00 |
| 7/28/22 | Thursday | Active Recovery <60% of Max | Running | 0:10:00 | 0:20:00 | 0:25:00 | 0:30:00 | 0:30:00 | 0:35:00 | 0:40:00 | 0:40:00 | 0:45:00 | 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 |
| 7/29/22 | Friday | Over Distance 60-70% of Max | Rollerski/bike/swim | 0:30:00 | 1:00:00 | 1:10:00 | 1:25:00 | 1:30:00 | 1:40:00 | 1:50:00 | 1:55:00 | 2:00:00 | 2:15:00 |
| 7/30/22 | Saturday | Over Distance 60-70% of Max | Run, bike, swim, hike or whatever you want | 1:00:00 | 1:55:00 | 2:20:00 | 2:45:00 | 2:55:00 | 3:15:00 | 3:35:00 | 3:45:00 | 3:55:00 | 4:20:00 |
| 7/31/22 | Sunday | Active Recovery <60% of Max | Your Choice | 0:25:00 | 0:55:00 | 1:05:00 | 1:15:00 | 1:20:00 | 1:30:00 | 1:35:00 | 1:45:00 | 1:50:00 | 2:00:00 |
| 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 | 5:50:00 | 7:05:00 | 8:20:00 | 8:45:00 | 9:50:00 | 10:50:00 | 11:20:00 | 12:00:00 | 13:10:00 |
| Total Hours | | | | 4:25:00 | 7:20:00 | 8:35:00 | 9:50:00 | 10:15:00 | 11:20:00 | 12:20:00 | 12:50:00 | 13:30:00 | 14:40:00 |

| Conditioning/Over Distance | | | Suggested Activity | | | | | | | | | | |
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| | Workout & Zone | | | Banana | Cayenne | Tabasco | Jalapeno | Thai | Rocoto | Habanero | Ghost | Naga | Viper |
| 8/1/22 | Monday | Off | | | | | | | | | | | |
| 8/2/22 | Tuesday | Active Recovery <60% of Max | Running | 0:15:00 | 0:40:00 | 0:45:00 | 0:55:00 | 0:55:00 | 1:05:00 | 1:10:00 | 1:15:00 | 1:15:00 | 1:25:00 |
| | | <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 |
| 8/3/22 | Wednesday | Over Distance 60-70% of Max | Run, rollerski or whatever team is doing | 0:35:00 | 1:25:00 | 1:40:00 | 2:00:00 | 2:05:00 | 2:20:00 | 2:35:00 | 2:45:00 | 2:50:00 | 3:10:00 |
| 8/4/22 | Thursday | Active Recovery <60% of Max | Running | 0:10:00 | 0:25:00 | 0:30:00 | 0:35:00 | 0:40:00 | 0:40:00 | 0:45:00 | 0:50:00 | 0:50:00 | 0:55:00 |
| | | <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 |
| 8/5/22 | Friday | Over Distance 60-70% of Max | Rollerski/bike/swim | 0:30:00 | 1:10:00 | 1:25:00 | 1:40:00 | 1:45:00 | 2:00:00 | 2:10:00 | 2:20:00 | 2:25:00 | 2:40:00 |
| 8/6/22 | Saturday | Over Distance 60-70% of Max | Run, bike, swim, hike or whatever you want | 1:00:00 | 2:20:00 | 2:50:00 | 3:15:00 | 3:30:00 | 3:50:00 | 4:15:00 | 4:30:00 | 4:40:00 | 5:10:00 |
| 8/7/22 | Sunday | Active Recovery <60% of Max | Your Choice | 0:25:00 | 1:05:00 | 1:15:00 | 1:30:00 | 1:35:00 | 1:45:00 | 1:55:00 | 2:00:00 | 2:10:00 | 2:20:00 |
| 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 | 7:05:00 | 8:25:00 | 9:55:00 | 10:30:00 | 11:40:00 | 12:50:00 | 13:40:00 | 14:10:00 | 15:40:00 |
| Total Hours | | | | 4:25:00 | 8:35:00 | 9:55:00 | 11:25:00 | 12:00:00 | 13:10:00 | 14:20:00 | 15:10:00 | 15:40:00 | 17:10:00 |

| Conditioning/Over Distance | | | | | | | | | | | | | |
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| 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 | | | | | | | | | | | | | |
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| 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 |