

Friday	Off										
Saturday	On your own	Running	0:59:24	1:19:12	1:29:06	1:36:22	1:47:35	1:58:48	2:06:43	2:12:40	
Sunday	OFF										
		Strength/Yoga	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
		Aerobic Hours	3:00:00	4:00:00	4:30:00	4:52:00	5:26:00	6:00:00	6:24:00	6:42:00	
		Total Hours	5:00:00	6:00:00	6:30:00	6:52:00	7:26:00	8:00:00	8:24:00	8:42:00	

Hill Resistance/LT

Date	Volume	Workout	Suggested Activity	Suggested							
				Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
9/13/21	Monday	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
	Tuesday	Running	Running, etc.	0:20:57	0:26:15	0:31:32	0:33:39	0:37:53	0:42:07	0:45:11	0:47:25
			<i>Strength/Core/Yoga</i>								
				1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	OD	Running with poles	0:46:34	0:58:19	1:10:05	1:14:47	1:24:12	1:33:36	1:40:25	1:45:22
	Thursday	Running	Running, etc.	0:13:58	0:17:30	0:21:01	0:22:26	0:25:15	0:28:05	0:30:08	0:31:36
			<i>Strength/Core/Yoga</i>								
				1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:39:35	0:49:34	0:59:34	1:03:34	1:11:34	1:19:34	1:25:21	1:29:33
Saturday	OD	Running	1:16:49	1:36:14	1:55:38	2:03:24	2:18:55	2:34:26	2:45:42	2:53:51	
Sunday	Medal Test		0:34:55	0:43:44	0:52:34	0:56:05	1:03:09	1:10:12	1:15:19	1:19:01	
		Strength/Yoga	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
		Aerobic Hours	3:52:48	4:51:36	5:50:24	6:13:55	7:00:58	7:48:00	8:22:06	8:46:48	
		Total Hours	5:52:48	6:51:36	7:50:24	8:13:55	9:00:58	9:48:00	10:22:06	10:46:48	

Hill Resistance/LT

Date	Volume	Workout	Suggested Activity	Suggested							
				Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
9/20/21	Monday	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
	Tuesday	Running	Running, etc.	0:25:29	0:31:32	0:37:35	0:40:00	0:44:50	0:49:41	0:53:11	0:17:56
			<i>Strength/Core/Yoga</i>								
				1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	8:00:00
	Wednesday	OD	Running with poles	0:56:38	1:10:05	1:23:31	1:28:54	1:39:39	1:50:24	1:58:12	0:39:50
	Thursday	Running	Running, etc.	0:17:00	0:21:01	0:25:03	0:26:40	0:29:54	0:33:07	0:35:28	0:11:57
			<i>Strength/Core/Yoga</i>								
				1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:48:09	0:59:34	1:11:00	1:15:34	1:24:42	1:33:50	1:40:28	0:33:52
Saturday	OD	Running	1:33:27	1:55:38	2:17:48	2:26:41	2:44:25	3:02:10	3:15:01	1:05:44	
Sunday	OD	Rollerski or run with poles	0:42:29	0:52:34	1:02:38	1:06:40	1:14:44	1:22:48	1:28:39	0:29:53	
		Strength/Yoga	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	9:00:00
		Aerobic Hours	4:43:12	5:50:24	6:57:36	7:24:29	8:18:14	9:12:00	9:50:59	3:19:12	
		Total Hours	6:43:12	7:50:24	8:57:36	9:24:29	10:18:14	11:12:00	11:50:59	12:19:12	

Hill Resistance/LT

Date	Volume	Workout	Suggested Activity	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
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Saturday	On your own	Running	0:59:24	1:19:12	1:29:06	1:36:22	1:47:35	1:58:48	2:06:43	2:12:40
Sunday	OFF									
		Strength/Yoga	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
		Aerobic Hours	3:00:00	4:00:00	4:30:00	4:52:00	5:26:00	6:00:00	6:24:00	6:42:00
		Total Hours	5:00:00	6:00:00	6:30:00	6:52:00	7:26:00	8:00:00	8:24:00	8:42:00

Anaerobic Development

Date	Volume	Workout	Suggested Activity								
			Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	
10/18/21	Monday	OFF									
	Tuesday	Running	Running, etc.	0:16:25	0:20:57	0:25:29	0:27:18	0:30:56	0:34:34	0:37:11	0:39:06
		<i>Strength/Core/Yoga</i>		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	Intervals/Hillbounding	rollerski/hillbounding	0:49:15	1:02:51	1:16:28	1:21:54	1:32:48	1:43:41	1:51:34	1:57:17
	Thursday	Running	Running, etc.	0:31:00	0:39:35	0:48:09	0:51:34	0:58:26	1:05:17	1:10:15	1:13:51
		<i>Strength/Core/Yoga</i>		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Off									
	Saturday	Silent Trails	Running	0:54:43	1:09:50	1:24:58	1:31:00	1:43:06	1:55:12	2:03:58	2:10:19
	Sunday	OFF									
		Strength/Yoga		2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
		Aerobic Hours		3:02:24	3:52:48	4:43:12	5:03:22	5:43:41	6:24:00	6:53:14	7:14:24
		Total Hours		5:02:24	5:52:48	6:43:12	7:03:22	7:43:41	8:24:00	8:53:14	9:14:24

Anaerobic Development

Date	Volume	Workout	Suggested Activity								
			Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	
10/25/21	Monday	OFF									
	Tuesday	Running	Running, etc.	0:20:57	0:26:15	0:31:32	0:33:39	0:37:53	0:42:07	0:45:11	0:47:25
		<i>Strength/Core/Yoga</i>		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	Intervals/Hillbounding	rollerski/hillbounding	1:02:51	1:18:44	1:34:36	1:40:58	1:53:40	2:06:22	2:15:34	2:22:14
	Thursday	Running	Running, etc.	0:39:35	0:49:34	0:59:34	1:03:34	1:11:34	1:19:34	1:25:21	1:29:33
		<i>Strength/Core/Yoga</i>		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Off									
	Saturday	Silent Trails	Running	1:09:50	1:27:29	1:45:07	1:52:11	2:06:17	2:20:24	2:30:38	2:38:02
	Sunday	OFF									
		Strength/Yoga		2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
		Aerobic Hours		3:52:48	4:51:36	5:50:24	6:13:55	7:00:58	7:48:00	8:22:06	8:46:48
		Total Hours		5:52:48	6:51:36	7:50:24	8:13:55	9:00:58	9:48:00	10:22:06	10:46:48

Anaerobic Development

Date	Volume	Workout	Suggested Activity								
			Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	
11/1/21	Monday	OFF									
	Tuesday	Running	Running, etc.	0:25:29	0:31:32	0:37:35	0:40:00	0:44:50	0:49:41	0:53:11	0:55:44

Friday	Off										
Saturday	On your own	Running	0:59:24	1:19:12	1:29:06	1:36:22	1:47:35	1:58:48	2:06:43	2:12:40	
Sunday	OFF										
Strength/Yoga			2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
Aerobic Hours			3:00:00	4:00:00	4:30:00	4:52:00	5:26:00	6:00:00	6:24:00	6:42:00	
Total Hours			5:00:00	6:00:00	6:30:00	6:52:00	7:26:00	8:00:00	8:24:00	8:42:00	

Over Distance- Season Prep

Date	Volume	Workout	Suggested Activity								
			Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	
11/22/21	Monday	OFF									
	Tuesday	Ski	0:49:02	0:58:06	1:07:11	1:10:48	1:18:04	1:25:19	1:30:35	1:34:24	
		<i>Strength/Core/Yoga</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>
	Wednesday	Ski	1:48:58	2:09:07	2:29:17	2:37:21	2:53:28	3:09:36	3:21:18	3:29:46	
	Thursday	Ski	0:49:02	0:58:06	1:07:11	1:10:48	1:18:04	1:25:19	1:30:35	1:34:24	
		<i>Strength/Core/Yoga</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>	<i>0:30:00</i>
	Friday	Ski	1:32:37	1:49:45	2:06:53	2:13:45	2:27:27	2:41:10	2:51:06	2:58:18	
	Saturday	Time-Trial	3:01:26	3:31:41	4:01:55	4:14:01	4:38:12	5:02:24	5:19:56	5:32:38	
	Sunday	Ski	1:30:43	1:45:50	2:00:58	2:07:00	2:19:06	2:31:12	2:39:58	2:46:19	
Strength/Yoga			1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
Aerobic Hours			9:04:48	10:45:36	12:26:24	13:06:43	14:27:22	15:48:00	16:46:28	17:28:48	
Total Hours			10:04:48	11:45:36	13:26:24	14:06:43	15:27:22	16:48:00	17:46:28	18:28:48	

Anaerobic Development

Date	Volume	Workout	Suggested Activity								
			Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	
11/29/21	Monday	OFF									
	Tuesday	Running	0:25:29	0:31:32	0:37:35	0:40:00	0:44:50	0:49:41	0:53:11	0:55:44	
		<i>Strength/Core/Yoga</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>
	Wednesday	Intervals/Hillbounding	0:56:38	1:10:05	1:23:31	1:28:54	1:39:39	1:50:24	1:58:12	2:03:50	
	Thursday	Running	0:25:29	0:31:32	0:37:35	0:40:00	0:44:50	0:49:41	0:53:11	0:55:44	
		<i>Strength/Core/Yoga</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>	<i>1:00:00</i>
	Friday	Rollerski	0:48:09	0:59:34	1:11:00	1:15:34	1:24:42	1:33:50	1:40:28	1:45:16	
	Saturday	OD	1:24:58	1:45:07	2:05:17	2:13:21	2:29:28	2:45:36	2:57:18	3:05:46	
	Sunday	LSD	0:42:29	0:52:34	1:02:38	1:06:40	1:14:44	1:22:48	1:28:39	1:32:53	
Strength/Yoga			2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
Aerobic Hours			4:43:12	5:50:24	6:57:36	7:24:29	8:18:14	9:12:00	9:50:59	10:19:12	
Total Hours			6:43:12	7:50:24	8:57:36	9:24:29	10:18:14	11:12:00	11:50:59	12:19:12	