Fall Rotations

Recovery											
Date		**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
11/27/17	Monday	Off									
	Tuesday	*Strength/Core/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*
	Wednesday	Over Distance (OD)	Classic Ski	0:26:06	0:32:27	0:38:48	0:41:20	0:46:25	0:51:30	0:55:10	0:57:50
	Thursday	Off									
	Friday	Over Distance (OD)	Skate Ski	0:26:06	0:32:27	0:38:48	0:41:20	0:46:25	0:51:30	0:55:10	0:57:50
	Saturday	Off									
	Sunday	Over Distance (OD)	Ski - Your Choice	0:39:09	0:48:40	0:58:11	1:02:00	1:09:37	1:17:14	1:22:46	1:26:46
			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
			Aerobic Hours	2:10:29	2:42:13	3:13:58	3:26:40	3:52:04	4:17:28	4:35:52	4:49:12
			Total Hours	**3:10:29**	**3:42:13**	**4:13:58**	**4:26:40**	**4:52:04**	**5:17:28**	**5:35:52**	**5:49:12**

RACING											
Date		**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
12/4/17	Monday	Intervals	Classic	0:36:32	0:45:25	0:54:19	0:57:52	1:04:59	1:12:05	1:17:15	1:20:59
	Tuesday	*Strength/Core/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*
	Wednesday	Classic Race	Classic	0:39:09	0:48:40	0:58:11	1:02:00	1:09:37	1:17:14	1:22:46	1:26:46
	Thursday	*Strength/Core/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*
	Friday	Active Recovery	Skate	0:41:45	0:51:55	1:02:04	1:06:08	1:14:16	1:22:23	1:28:17	1:32:33
	Saturday	Off									
	Sunday	Race or Intervals	Ski	0:39:09	0:48:40	0:58:11	1:02:00	1:09:37	1:17:14	1:22:46	1:26:46
			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	4:20:57	5:24:27	6:27:56	6:53:20	7:44:08	8:34:55	9:11:45	9:38:25
			Total Hours	**6:20:57**	**7:24:27**	**8:27:56**	**8:53:20**	**9:44:08**	**10:34:55**	**11:11:45**	**11:38:25**

RACING											
Date		**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
12/11/17	Monday	Off		0:30:51	0:38:00	0:45:09	0:48:00	0:53:43	0:59:26	1:03:34	1:06:34
	Tuesday	*Strength/Core/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*
	Wednesday	Natural Intervals AM	Your Choice	0:51:26	1:00:00	1:08:34	1:12:00	1:18:51	1:25:43	1:30:41	1:34:17
		Active Recovery PM	Run	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Thursday	*Strength/Core/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*
	Friday	Warm up & Cool Down + Leg Speed Ladder (10, 15, 30, 1min, 1min, 30, 15, 10)* Variable by person	Ski	0:42:51	0:50:00	0:57:09	1:00:00	1:05:43	1:11:26	1:15:34	1:18:34
	Saturday	Time trial/intervals (COMP)	Your Choice	0:47:09	0:55:00	1:02:51	1:06:00	1:12:17	1:18:34	1:23:08	1:26:26
		Active Recovery PM	Run	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Sunday	OD (COMP)	Your Choice	1:17:09	1:35:00	1:52:51	2:00:00	2:14:17	2:28:34	2:38:56	2:46:26
			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	5:08:34	6:20:00	7:31:26	8:00:00	8:57:09	9:54:17	10:35:43	11:05:43
			Approximate Hours	**7:08:34**	**8:20:00**	**9:31:26**	**10:00:00**	**10:57:09**	**11:54:17**	**12:35:43**	**13:05:43**

RACING - Recovery											
Date		**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
12/18/17	Monday	Off									
	Tuesday	*Strength/Core/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*
	Wednesday	Over Distance (OD)	Classic	0:26:06	0:32:27	0:38:48	0:41:20	0:46:25	0:51:30	0:55:10	0:57:50
	Thursday	Off									
	Friday	Over Distance (OD)	Skate with specific strength	0:26:06	0:32:27	0:38:48	0:41:20	0:46:25	0:51:30	0:55:10	0:57:50
	Saturday	Off									
	Sunday	Over Distance (OD)	Classic	0:39:09	0:48:40	0:58:11	1:02:00	1:09:37	1:17:14	1:22:46	1:26:46
			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
			Aerobic Hours	2:10:29	2:42:13	3:13:58	3:26:40	3:52:04	4:17:28	4:35:52	4:49:12
			Approximate Hours	**3:10:29**	**3:42:13**	**4:13:58**	**4:26:40**	**4:52:04**	**5:17:28**	**5:35:52**	**5:49:12**

RACING											
Date		**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
12/25/17	Monday	Off		0:21:20	0:26:53	0:32:27	0:34:40	0:39:07	0:43:33	0:46:47	0:49:07
	Tuesday	*Strength/Core/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*
	Wednesday	Natural Intervals AM	Your Choice	0:40:00	0:46:40	0:53:20	0:56:00	1:01:20	1:06:40	1:10:32	1:13:20
		Active Recovery PM	Run	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Thursday	*Strength/Core/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*
	Friday	Warm up & Cool Down + Leg Speed Ladder (10, 15, 30, 1min, 1min, 30, 15, 10)* Variable by person	Ski	0:33:20	0:38:53	0:44:27	0:46:40	0:51:07	0:55:33	0:58:47	1:01:07
	Saturday	Race or Time Trial	Your Choice	0:36:40	0:42:47	0:48:53	0:51:20	0:56:13	1:01:07	1:04:39	1:07:13
		Active Recovery PM	Run	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Sunday	Over Distance (OD)	Classic	1:23:20	1:37:13	1:51:07	1:56:40	2:07:47	2:18:53	2:26:57	2:32:47
			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	3:33:20	4:28:53	5:24:27	5:46:40	6:31:07	7:15:33	7:47:47	8:11:07
			Approximate Hours	**5:33:20**	**6:28:53**	**7:24:27**	**7:46:40**	**8:31:07**	**9:15:33**	**9:47:47**	**10:11:07**

RACING											
Date		**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
1/1/18	Monday	Intervals	Skate	0:34:10	0:42:16	0:50:22	0:53:36	1:00:05	1:06:33	1:11:15	1:14:39
	Tuesday	*Strength/Core/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*
	Wednesday	Skate Race	Skate	0:39:52	0:49:19	0:58:45	1:02:32	1:10:05	1:17:39	1:23:07	1:27:05
		Active Recovery PM	Run	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Thursday	*Strength/Core/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*
	Friday	Intervals/race	Skate	0:28:29	0:35:13	0:41:58	0:44:40	0:50:04	0:55:28	0:59:22	1:02:12
	Saturday	Off									
		Active Recovery PM	Run	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Sunday	Intervals/race	Classic	1:19:44	1:38:37	1:57:31	2:05:04	2:20:11	2:35:17	2:46:15	2:54:11
			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	4:44:46	5:52:13	6:59:41	7:26:40	8:20:38	9:14:36	9:53:44	10:22:04
			Approximate Hours	**6:44:46**	**7:52:13**	**8:59:41**	**9:26:40**	**10:20:38**	**11:14:36**	**11:53:44**	**12:22:04**

RACING - Recovery											
Date		**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
1/8/18	Monday	Off									
	Tuesday	*Strength/Core/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*
	Wednesday	Over Distance (OD)	Classic	0:26:06	0:32:27	0:38:48	0:41:20	0:46:25	0:51:30	0:55:10	0:57:50
	Thursday	Off									
	Friday	Over Distance (OD)	Skate with specific strength	0:26:06	0:32:27	0:38:48	0:41:20	0:46:25	0:51:30	0:55:10	0:57:50
	Saturday	RACE									
	Sunday	RACE	Classic	0:39:09	0:48:40	0:58:11	1:02:00	1:09:37	1:17:14	1:22:46	1:26:46
			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

			Aerobic Hours	2:10:29	2:42:13	3:13:58	3:26:40	3:52:04	4:17:28	4:35:52	4:49:12
			Approximate Hours	**3:10:29**	**3:42:13**	**4:13:58**	**4:26:40**	**4:52:04**	**5:17:28**	**5:35:52**	**5:49:12**
RACING											
Date		**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
1/15/18	Monday	Off		0:18:57	0:24:07	0:29:16	0:31:20	0:35:28	0:39:35	0:42:35	0:44:45
	Tuesday	*Strength/Core/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*
	Wednesday	Natural Intervals AM	Your Choice	0:37:09	0:43:20	0:49:31	0:52:00	0:56:57	1:01:54	1:05:30	1:08:06
		Active Recovery PM	Run	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Thursday	*Strength/Core/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*
	Friday	Warm up & Cool Down + Leg Speed Ladder (10, 15, 30, 1min, 1min, 30, 15, 10)* Variable by person	Ski	0:30:57	0:36:07	0:41:16	0:43:20	0:47:28	0:51:35	0:54:35	0:56:45
	Saturday	RACE		0:34:03	0:39:43	0:45:24	0:47:40	0:52:12	0:56:45	1:00:02	1:02:25
		Active Recovery PM	Run	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Sunday	Over Distance (OD)	Classic	1:17:23	1:30:17	1:43:10	1:48:20	1:58:39	2:08:58	2:16:27	2:21:52
			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	3:09:31	4:01:07	4:52:42	5:13:20	5:54:36	6:35:52	7:05:48	7:27:28
			Approximate Hours	**5:09:31**	**6:01:07**	**6:52:42**	**7:13:20**	**7:54:36**	**8:35:52**	**9:05:48**	**9:27:28**
RACING											
Date		**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
1/22/18	Monday	Intervals	Skate	0:28:27	0:35:36	0:42:45	0:45:36	0:51:19	0:57:02	1:01:10	1:04:10
	Tuesday	*Strength/Core/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*
	Wednesday	Skate Race	Skate	0:33:12	0:41:32	0:49:52	0:53:12	0:59:52	1:06:32	1:11:22	1:14:52
		Active Recovery PM	Run	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Thursday	*Strength/Core/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*
	Friday	Pre-race	Your Choice	0:23:43	0:29:40	0:35:37	0:38:00	0:42:46	0:47:31	0:50:59	0:53:29
	Saturday	RACE									
		Active Recovery PM	Run	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Sunday	RACE	Classic	1:06:24	1:23:04	1:39:44	1:46:24	1:59:44	2:13:04	2:22:44	2:29:44
			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	3:57:09	4:56:40	5:56:11	6:20:00	7:07:37	7:55:14	8:29:46	8:54:46
			Approximate Hours	**5:57:09**	**6:56:40**	**7:56:11**	**8:20:00**	**9:07:37**	**9:55:14**	**10:29:46**	**10:54:46**
PEAKING											
Date	**Peaking 1**	**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
1/29/18	Monday	LSD	Classic with specific strength	1:00:00	1:00:00	1:10:00	1:15:00	1:15:00	1:15:00	1:15:00	1:15:00
	Tuesday	*Strength/Core/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*
	Wednesday	Starlight Streak	TBA	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Thursday	*Strength/Core/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*
	Friday	LSD	Your Choice	0:45:00	0:45:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Saturday	Race		Race	Race	Race	Race	Race	Race	Race	Race
	Sunday	Race		Race	Race	Race	Race	Race	Race	Race	Race
PEAKING											
Date	**Peaking 2**	**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
2/5/18	Monday	Off									
	Tuesday	*Strength/Core/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*
	Wednesday	LSD	Skate	1:15:00	1:15:00	1:15:00	1:15:00	1:15:00	1:15:00	1:15:00	1:15:00
	Thursday	*Strength/Core/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*
	Friday	Pre-race	Your Choice	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Saturday	RACE		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Sunday	RACE		1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
PEAKING											
Date	**Peaking 3-Rest**	**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
2/12/18	Monday	Off									
	Tuesday	*Strength/Core/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*
	Wednesday	Intervals	TBA	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Thursday	Off									
	Friday	OD	Your Choice	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Saturday	OD		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Sunday	OFF		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
PEAKING											
Date	**Peaking 4 - Volume**	**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
2/19/18	Monday	Off									
	Tuesday	*Strength/Core/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*
	Wednesday	Race	Classic	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Thursday	*Strength/Core/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*
	Friday	Pre-race	Your Choice	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Saturday	RACE		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Sunday	RACE		1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
PEAKING											
Date	**Peaking 5**	**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
2/26/18	Monday	Off									
	Tuesday	*Strength/Core/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*
	Wednesday	Starlight Streak	TBA	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Thursday	*Strength/Core/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*
	Friday	LSD	Your Choice	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00
	Saturday	Travel	Your Choice	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Sunday	LSD/Race Prep									
PEAK PERFORMANCE											
Date	**Nationals**	**Workout**	**Suggested Activity**	**Cayenne**	**Tabasco**	**Jalapeno**	**Thai**	**Rocoto**	**Habanero**	**Ghost**	**Naga**
3/5/18	Monday	LSD	Your Choice								
	Tuesday	Nationals Sprint	Classic								
	Wednesday	Nationals Individual	Skate								
	Thursday	Off	off								
	Friday	Nationals Mass Start	Classic								
	Saturday	Nationals Relay	Classic,Skate, Skate								
	Sunday	Off									