

Fall Rotations

Conditioning/Quadrapped

Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
8/29/22	Monday	OFF												
	Tuesday	Running	Running, etc.	0:23:13	0:23:13	0:30:01	0:36:50	0:43:38	0:46:21	0:51:48	0:57:14	1:01:11	1:04:03	1:10:51
		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	1:00:00	1:00:00	1:00:00
Wednesday	OD	Running	Running	0:51:36	0:51:36	1:06:43	1:21:50	1:36:58	1:43:00	1:55:06	2:07:12	2:15:58	2:22:19	2:37:26
Thursday	Running	Running, etc.	Running, etc.	0:15:29	0:15:29	0:20:01	0:24:33	0:29:05	0:30:54	0:34:32	0:38:10	0:40:47	0:42:42	0:47:14
		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	1:00:00	1:00:00	1:00:00
Friday	Rollerski	Breakfast Club	Breakfast Club	0:43:52	0:43:52	0:56:43	1:09:34	1:22:25	1:27:33	1:37:50	1:48:07	1:55:34	2:00:58	2:13:49
Saturday	OD	Adventure Run!	Adventure Run!	1:25:08	1:25:08	1:50:05	2:15:02	2:39:59	2:49:58	3:09:55	3:29:53	3:44:21	3:54:50	4:19:47
Sunday	Off			0:38:42	0:38:42	0:50:02	1:01:23	1:12:43	1:17:15	1:26:20	1:35:24	1:41:59	1:46:44	1:58:05
		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	2:00:00	2:00:00
		Aerobic Hours		4:18:00	4:18:00	5:33:36	6:49:12	8:04:48	8:35:02	9:35:31	10:36:00	11:19:51	11:51:36	13:07:12
		Total Hours		6:18:00	6:18:00	7:33:36	8:49:12	10:04:48	10:35:02	11:35:31	12:36:00	13:19:51	13:51:36	15:07:12

Conditioning/Quadrapped

Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
9/5/22	Monday	OD	Your Choice	0:13:30	0:13:30	0:19:12	0:23:24	0:27:36	0:29:17	0:32:38	0:36:00	0:38:26	0:40:12	0:44:24
	Tuesday	Running	Running, etc.	0:24:18	0:24:18	0:34:34	0:42:07	0:49:41	0:52:42	0:58:45	1:04:48	1:09:11	1:12:22	1:19:55
		Core & Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
Wednesday	OD	Running with poles	Running with poles	1:03:00	1:03:00	1:15:36	1:28:12	1:40:48	1:45:50	1:55:55	2:06:00	2:13:18	2:18:36	2:31:12
Thursday	Running	Running, etc.	Running, etc.	0:25:12	0:25:12	0:30:14	0:35:17	0:40:19	0:42:20	0:46:22	0:50:24	0:53:19	0:55:26	1:00:29
		Strength/Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
Friday	Rollerski	Breakfast Club	Breakfast Club	1:11:24	1:11:24	1:25:41	1:39:58	1:54:14	1:59:57	2:11:23	2:22:48	2:31:05	2:37:05	2:51:22
Saturday	OD			2:18:36	2:18:36	2:46:19	3:14:02	3:41:46	3:52:51	4:15:01	4:37:12	4:53:17	5:04:55	5:32:38
Sunday	OD			1:03:00	1:03:00	1:15:36	1:28:12	1:40:48	1:45:50	1:55:55	2:06:00	2:13:18	2:18:36	2:31:12
		Strength/Yoga		2:30:00	2:30:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
		Aerobic Hours		4:30:00	4:30:00	6:24:00	7:48:00	9:12:00	9:45:36	10:52:48	12:00:00	12:48:43	13:24:00	14:48:00
		Total Hours		7:00:00	7:00:00	8:24:00	9:48:00	11:12:00	11:45:36	12:52:48	14:00:00	14:48:43	15:24:00	16:48:00

Recovery

Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
9/12/22	Monday	OFF												
	Tuesday	Running	Running, etc.	0:12:09	0:12:09	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
		Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
Wednesday	Hill Resistance	Running with poles	Running with poles	0:36:27	0:36:27	0:26:24	0:34:48	0:43:12	0:46:34	0:53:17	1:00:00	1:04:52	1:08:24	1:16:48
Thursday	Running	Running, etc.	Running, etc.	0:22:57	0:22:57	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
		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	1:00:00
Friday	Off													
Saturday	On your own	Running	Running	0:40:30	0:40:30	0:43:34	0:57:25	1:11:17	1:16:49	1:27:55	1:39:00	1:47:02	1:52:52	2:06:43
Sunday	OFF													
		Strength/Yoga		1:15:00	1:15:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
		Aerobic Hours		2:15:00	2:15:00	2:12:00	2:54:00	3:36:00	3:52:48	4:26:24	5:00:00	5:24:22	5:42:00	6:24:00
		Total Hours		3:30:00	3:30:00	4:12:00	4:54:00	5:36:00	5:52:48	6:26:24	7:00:00	7:24:22	7:42:00	8:24:00

Hill Resistance/LT														
Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
9/19/22	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	0:00:00	0:00:00	0:00:00
	Tuesday	Running	Running, etc.	0:12:58	0:12:58	0:20:57	0:26:15	0:31:32	0:33:39	0:37:53	0:42:07	0:45:11	0:47:25	0:52:42
		Strength/Core/Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	Hill Resistance	Running with poles	0:28:48	0:28:48	0:46:34	0:58:19	1:10:05	1:14:47	1:24:12	1:33:36	1:40:25	1:45:22	1:57:07
	Thursday	Running	Running, etc.	0:08:38	0:08:38	0:13:58	0:17:30	0:21:01	0:22:26	0:25:15	0:28:05	0:30:08	0:31:36	0:35:08
		Strength/Core/Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:24:29	0:24:29	0:39:35	0:49:34	0:59:34	1:03:34	1:11:34	1:19:34	1:25:21	1:29:33	1:39:33
	Saturday	OD	Running	0:47:31	0:47:31	1:16:49	1:36:14	1:55:38	2:03:24	2:18:55	2:34:26	2:45:42	2:53:51	3:13:15
	Sunday	OD	Rollerski or run with poles	0:21:36	0:21:36	0:34:55	0:43:44	0:52:34	0:56:05	1:03:09	1:10:12	1:15:19	1:19:01	1:27:50
		Strength/Yoga	2:30:00	2:30:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
		Aerobic Hours	2:24:00	2:24:00	3:52:48	4:51:36	5:50:24	6:13:55	7:00:58	7:48:00	8:22:06	8:46:48	9:45:36	
		Total Hours	4:54:00	4:54:00	5:52:48	6:51:36	7:50:24	8:13:55	9:00:58	9:48:00	10:22:06	10:46:48	11:45:36	

Hill Resistance/LT														
Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
9/26/22	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	0:00:00	0:00:00	0:00:00
	Tuesday	Running	Running, etc.	0:16:44	0:16:44	0:25:29	0:31:32	0:37:35	0:40:00	0:44:50	0:49:41	0:53:11	0:17:56	0:23:59
		Strength/Core/Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	8:00:00	8:00:00
	Wednesday	Hill Resistance	Running with poles	0:37:12	0:37:12	0:56:38	1:10:05	1:23:31	1:28:54	1:39:39	1:50:24	1:58:12	0:39:50	0:53:17
	Thursday	Running	Running, etc.	0:11:10	0:11:10	0:17:00	0:21:01	0:25:03	0:26:40	0:29:54	0:33:07	0:35:28	0:11:57	0:15:59
		Strength/Core/Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:31:37	0:31:37	0:48:09	0:59:34	1:11:00	1:15:34	1:24:42	1:33:50	1:40:28	0:33:52	0:45:17
	Saturday	OD	Running	1:01:23	1:01:23	1:33:27	1:55:38	2:17:48	2:26:41	2:44:25	3:02:10	3:15:01	1:05:44	1:27:55
	Sunday	OD	Rollerski or run with poles	0:27:54	0:27:54	0:42:29	0:52:34	1:02:38	1:06:40	1:14:44	1:22:48	1:28:39	0:29:53	0:39:58
		Strength/Yoga	2:30:00	2:30:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	9:00:00	9:00:00	
		Aerobic Hours	3:06:00	3:06:00	4:43:12	5:50:24	6:57:36	7:24:29	8:18:14	9:12:00	9:50:59	3:19:12	4:26:24	
		Total Hours	5:36:00	5:36:00	6:43:12	7:50:24	8:57:36	9:24:29	10:18:14	11:12:00	11:50:59	12:19:12	13:26:24	

Hill Resistance/LT														
Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
10/3/22	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	0:00:00	0:00:00	0:00:00
	Tuesday	Running	Running, etc.	0:18:38	0:18:38	0:27:45	0:34:11	0:40:36	0:43:11	0:48:19	0:53:28	0:57:11	0:22:05	0:28:31
		Strength/Core/Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	8:00:00	8:00:00
	Wednesday	Hill Resistance	Running with poles	0:41:24	0:41:24	1:01:41	1:15:58	1:30:14	1:35:57	1:47:23	1:58:48	2:07:05	0:49:05	1:03:22
	Thursday	Running	Running, etc.	0:12:25	0:12:25	0:18:30	0:22:47	0:27:04	0:28:47	0:32:13	0:35:38	0:38:07	0:14:43	0:19:00
		Strength/Core/Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:35:11	0:35:11	0:52:26	1:04:34	1:16:42	1:21:34	1:31:16	1:40:59	1:48:01	0:41:43	0:53:51
	Saturday	OD	Running	1:08:19	1:08:19	1:41:46	2:05:20	2:28:54	2:38:19	2:57:10	3:16:01	3:29:41	1:20:59	1:44:33
	Sunday	OD	Rollerski or run with poles	0:31:03	0:31:03	0:46:16	0:56:58	1:07:41	1:11:58	1:20:32	1:29:06	1:35:19	0:36:49	0:47:31
		Strength/Yoga	2:30:00	2:30:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	9:00:00	9:00:00	
		Aerobic Hours	3:27:00	3:27:00	5:08:24	6:19:48	7:31:12	7:59:46	8:56:53	9:54:00	10:35:25	4:05:24	5:16:48	
		Total Hours	5:57:00	5:57:00	7:08:24	8:19:48	9:31:12	9:59:46	10:56:53	11:54:00	12:35:25	13:05:24	14:16:48	

Hill Resistance/LT														
Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
10/10/22	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	0:00:00	0:00:00	0:00:00
	Tuesday	Running	Running, etc.	0:20:31	0:20:31	0:30:01	0:36:50	0:43:38	0:46:21	0:51:48	0:57:14	1:01:11	0:26:15	0:33:03
		Strength/Core/Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	8:00:00	8:00:00
	Wednesday	Hill Resistance	Running with poles	0:45:36	0:45:36	1:06:43	1:21:50	1:36:58	1:43:00	1:55:06	2:07:12	2:15:58	0:58:19	1:13:26
	Thursday	Running	Running, etc.	0:13:41	0:13:41	0:20:01	0:24:33	0:29:05	0:30:54	0:34:32	0:38:10	0:40:47	0:17:30	0:22:02
		Strength/Core/Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:38:46	0:38:46	0:56:43	1:09:34	1:22:25	1:27:33	1:37:50	1:48:07	1:55:34	0:49:34	1:02:25
	Saturday	OD	Running	1:15:14	1:15:14	1:50:05	2:15:02	2:39:59	2:49:58	3:09:55	3:29:53	3:44:21	1:36:14	2:01:11
	Sunday	OD	Rollerski or run with poles	0:34:12	0:34:12	0:50:02	1:01:23	1:12:43	1:17:15	1:26:20	1:35:24	1:41:59	0:43:44	0:55:05
			Strength/Yoga	2:30:00	2:30:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	9:00:00	9:00:00
			Aerobic Hours	3:48:00	3:48:00	5:33:36	6:49:12	8:04:48	8:35:02	9:35:31	10:36:00	11:19:51	4:51:36	6:07:12
			Total Hours	6:18:00	6:18:00	7:33:36	8:49:12	10:04:48	10:35:02	11:35:31	12:36:00	13:19:51	13:51:36	15:07:12

Recovery														
Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
10/17/22	Monday	OFF												
	Tuesday	Running	Running, etc.											
		Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	Hill Resistance	Running with poles	1:04:48	1:04:48	1:26:24	1:55:12	2:09:36	2:20:10	2:36:29	2:52:48	3:04:19	3:12:58	3:12:58
	Thursday	Running	Running, etc.											
		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	1:00:00
	Friday	Off												
	Saturday	On your own	Running	1:10:12	1:10:12	1:33:36	2:04:48	2:20:24	2:31:50	2:49:31	3:07:12	3:19:41	3:29:02	3:29:02
	Sunday	OFF												
			Strength/Yoga	1:15:00	1:15:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
			Aerobic Hours	2:15:00	2:15:00	3:00:00	4:00:00	4:30:00	4:52:00	5:26:00	6:00:00	6:24:00	6:42:00	6:42:00
			Total Hours	3:30:00	3:30:00	4:12:00	4:54:00	5:36:00	5:52:48	6:26:24	7:00:00	7:24:22	7:42:00	8:24:00

Anaerobic Development														
Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
10/24/22	Monday	OFF												
	Tuesday	Running	Running, etc.	0:15:56	0:15:56	0:16:25	0:20:57	0:25:29	0:27:18	0:30:56	0:34:34	0:37:11	0:39:06	0:43:38
		Strength/Core/Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	Intervals/Hillbounding	rollerski/hillbounding	0:47:47	0:47:47	0:49:15	1:02:51	1:16:28	1:21:54	1:32:48	1:43:41	1:51:34	1:57:17	2:10:54
	Thursday	Running	Running, etc.	0:30:05	0:30:05	0:31:00	0:39:35	0:48:09	0:51:34	0:58:26	1:05:17	1:10:15	1:13:51	1:22:25
		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	1:00:00
	Friday	Rollerski		0:30:05	0:30:05	0:31:00	0:39:35	0:48:09	0:51:34	0:58:26	1:05:17	1:10:15	1:13:51	1:22:25
	Saturday	OD	Running	0:53:06	0:53:06	0:54:43	1:09:50	1:24:58	1:31:00	1:43:06	1:55:12	2:03:58	2:10:19	2:25:26
	Sunday	OFF												
			Strength/Yoga	1:15:00	1:15:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
			Aerobic Hours	2:57:00	2:57:00	3:02:24	3:52:48	4:43:12	5:03:22	5:43:41	6:24:00	6:53:14	7:14:24	8:04:48
			Total Hours	4:12:00	4:12:00	5:02:24	5:52:48	6:43:12	7:03:22	7:43:41	8:24:00	8:53:14	9:14:24	10:04:48

Anaerobic Development														Viper
Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	
10/31/22	Monday	OFF												
	Tuesday	Running	Running, etc.	0:19:43	0:19:43	0:20:57	0:26:15	0:31:32	0:33:39	0:37:53	0:42:07	0:45:11	0:47:25	0:52:42
		Strength/Core/Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	Intervals/Hillbounding	rollerski/hillbounding	0:59:08	0:59:08	1:02:51	1:18:44	1:34:36	1:40:58	1:53:40	2:06:22	2:15:34	2:22:14	2:38:07
	Thursday	Running	Running, etc.	0:37:14	0:37:14	0:39:35	0:49:34	0:59:34	1:03:34	1:11:34	1:19:34	1:25:21	1:29:33	1:39:33
		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	1:00:00
	Friday	Rollerski		0:37:14	0:37:14	0:39:35	0:49:34	0:59:34	1:03:34	1:11:34	1:19:34	1:25:21	1:29:33	1:39:33
	Saturday	Silent Trails	Running	1:05:42	1:05:42	1:09:50	1:27:29	1:45:07	1:52:11	2:06:17	2:20:24	2:30:38	2:38:02	2:55:41
	Sunday	OFF												
			Strength/Yoga	1:15:00	1:15:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
			Aerobic Hours	3:39:00	3:39:00	3:52:48	4:51:36	5:50:24	6:13:55	7:00:58	7:48:00	8:22:06	8:46:48	9:45:36
			Total Hours	4:54:00	4:54:00	5:52:48	6:51:36	7:50:24	8:13:55	9:00:58	9:48:00	10:22:06	10:46:48	11:45:36

Anaerobic Development														Viper
Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	
11/7/22	Monday	OFF												
	Tuesday	Running	Running, etc.	0:19:26	0:19:26	0:25:29	0:31:32	0:37:35	0:40:00	0:44:50	0:49:41	0:53:11	0:55:44	1:01:47
		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	1:00:00	1:00:00	1:00:00
	Wednesday	Intervals/Hillbounding	rollerski/hillbounding	0:43:12	0:43:12	0:56:38	1:10:05	1:23:31	1:28:54	1:39:39	1:50:24	1:58:12	2:03:50	2:17:17
	Thursday	Running	Running, etc.	0:19:26	0:19:26	0:25:29	0:31:32	0:37:35	0:40:00	0:44:50	0:49:41	0:53:11	0:55:44	1:01:47
		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	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:36:43	0:36:43	0:48:09	0:59:34	1:11:00	1:15:34	1:24:42	1:33:50	1:40:28	1:45:16	1:56:41
	Saturday	OD	TBA	1:04:48	1:04:48	1:24:58	1:45:07	2:05:17	2:13:21	2:29:28	2:45:36	2:57:18	3:05:46	3:25:55
	Sunday	LSD	Run, Hike or whatever you want	0:32:24	0:32:24	0:42:29	0:52:34	1:02:38	1:06:40	1:14:44	1:22:48	1:28:39	1:32:53	1:42:58
			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	2:00:00	2:00:00
			Aerobic Hours	3:36:00	3:36:00	4:43:12	5:50:24	6:57:36	7:24:29	8:18:14	9:12:00	9:50:59	10:19:12	11:26:24
			Total Hours	5:36:00	5:36:00	6:43:12	7:50:24	8:57:36	9:24:29	10:18:14	11:12:00	11:50:59	12:19:12	13:26:24

Anaerobic Development														Viper
Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	
11/14/22	Monday	OFF												
	Tuesday	Running	Running, etc.	0:18:13	0:12:25	0:17:03	0:21:42	0:26:21	0:28:12	0:31:55	0:35:38	0:38:19	0:40:16	0:44:55
		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	1:00:00	1:00:00	1:00:00
	Wednesday	Intervals/Hillbounding	rollerski/hillbounding	0:40:29	0:27:35	0:37:54	0:48:13	0:58:32	1:02:40	1:10:55	1:19:10	1:25:10	1:29:30	1:39:49
	Thursday	Running	Running, etc.	0:18:13	0:12:25	0:17:03	0:21:42	0:26:21	0:28:12	0:31:55	0:35:38	0:38:19	0:40:16	0:44:55
		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	1:00:00	1:00:00	1:00:00
	Friday	Rollerski	Breakfast Club	0:34:25	0:23:27	0:32:13	0:40:59	0:49:46	0:53:16	1:00:17	1:07:18	1:12:23	1:16:04	1:24:50
	Saturday	OD	TBA	1:00:44	0:41:23	0:56:51	1:12:20	1:27:49	1:34:00	1:46:23	1:58:46	2:07:44	2:14:14	2:29:43
	Sunday	LSD	Run, Hike or whatever you want	0:30:22	0:20:41	0:28:26	0:36:10	0:43:54	0:47:00	0:53:11	0:59:23	1:03:52	1:07:07	1:14:51
			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	2:00:00	2:00:00
			Aerobic Hours	3:22:25	2:17:56	3:09:31	4:01:07	4:52:42	5:13:20	5:54:36	6:35:52	7:05:48	7:27:28	8:19:03
			Total Hours	5:22:25	4:17:56	5:09:31	6:01:07	6:52:42	7:13:20	7:54:36	8:35:52	9:05:48	9:27:28	10:19:03

Recovery														
Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
11/21/22	Monday	OFF												
	Tuesday	Running	Running, etc.											
		Yoga		1:15:00	1:15:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00	1:00:00
	Wednesday	Hill Resistance	Running with poles	1:04:48	1:04:48	1:26:24	1:55:12	2:09:36	2:20:10	2:36:29	2:52:48	3:04:19	3:12:58	3:12:58
	Thursday	Running	Running, etc.	0:22:57	0:22:57	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
		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	1:00:00
	Friday	Off												
	Saturday	On your own	Running	1:10:12	1:10:12	1:33:36	2:04:48	2:20:24	2:31:50	2:49:31	3:07:12	3:19:41	3:29:02	3:29:02
	Sunday	OFF												
			Strength/Yoga	1:15:00	1:15:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00	2:00:00
			Aerobic Hours	2:15:00	2:15:00	3:00:00	4:00:00	4:30:00	4:52:00	5:26:00	6:00:00	6:24:00	6:42:00	6:42:00
			Total Hours	3:30:00	3:30:00	4:12:00	4:54:00	5:36:00	5:52:48	6:26:24	7:00:00	7:24:22	7:42:00	8:24:00

Over Distance- Season Prep														
Date	Volume	Workout	Suggested Activity	Bell	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
11/28/22	Monday	OFF												
	Tuesday	Ski		0:39:58	0:39:58	0:49:02	0:58:06	1:07:11	1:10:48	1:18:04	1:25:19	1:30:35	1:34:24	1:43:28
		Strength/Core/Yoga		0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Wednesday	Ski		1:37:41	1:37:41	1:59:51	2:22:02	2:44:12	2:53:05	3:10:49	3:28:34	3:41:25	3:50:44	4:12:55
	Thursday	Ski		1:37:41	1:37:41	1:59:51	2:22:02	2:44:12	2:53:05	3:10:49	3:28:34	3:41:25	3:50:44	4:12:55
		Strength/Core/Yoga		0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00	0:30:00
	Friday	Ski		1:37:41	1:37:41	1:59:51	2:22:02	2:44:12	2:53:05	3:10:49	3:28:34	3:41:25	3:50:44	4:12:55
	Saturday	Time-Trial		1:03:00	1:03:00	1:15:36	1:28:12	1:40:48	1:45:50	1:55:55	2:06:00	2:13:18	2:18:36	2:31:12
	Sunday	Ski		1:03:00	1:03:00	1:15:36	1:28:12	1:40:48	1:45:50	1:55:55	2:06:00	2:13:18	2:18:36	2:31:12
				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	1:00:00
			Aerobic Hours	7:24:00	7:24:00	9:04:48	10:45:36	12:26:24	13:06:43	14:27:22	15:48:00	16:46:28	17:28:48	19:09:36
			Total Hours	8:24:00	8:24:00	10:04:48	11:45:36	13:26:24	14:06:43	15:27:22	16:48:00	17:46:28	18:28:48	20:09:36