

Summer Rotations

Conditioning/Over Distance						Workout & Zone	Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost
Week 1															
5/20/19	6/17/19	7/15/19	8/12/19	Monday	Off										
5/21/19	6/18/19	7/16/19	8/13/19	Tuesday	Active Recovery <60% of Max	Running	0:20:00	0:25:00	0:30:00	0:35:00	0:40:00	0:45:00	0:45:00	0:50:00	
					Strength/Coregasm/Yoga		0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	
5/22/19	6/19/19	7/17/19	8/14/19	Wednesday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:35:00	0:45:00	1:00:00	1:10:00	1:10:00	1:20:00	1:30:00	1:35:00	
5/23/19	6/20/19	7/18/19	8/15/19	Thursday	Active Recovery <60% of Max	Running	0:15:00	0:15:00	0:20:00	0:25:00	0:25:00	0:30:00	0:30:00	0:35:00	
					Strength/Coregasm/Yoga		0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	
5/24/19	6/21/19	7/19/19	8/16/19	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:35:00	0:45:00	1:00:00	1:10:00	1:10:00	1:20:00	1:30:00	1:35:00	
5/25/19	6/22/19	7/20/19	8/17/19	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:35:00	0:45:00	1:00:00	1:10:00	1:10:00	1:20:00	1:30:00	1:35:00	
5/26/19	6/23/19	7/21/19	8/18/19	Sunday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:15:00	1:35:00	1:55:00	2:15:00	2:25:00	2:40:00	2:55:00	3:10:00	
							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
							Aerobic Hours	3:35:00	4:30:00	5:45:00	6:45:00	7:00:00	7:55:00	8:40:00	9:20:00
							Total Hours	5:05:00	6:00:00	7:15:00	8:15:00	8:30:00	9:25:00	10:10:00	10:50:00

Conditioning/Over Distance						Workout & Zone	Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost
5/27/19	6/24/19	7/22/19	8/19/19	Monday	Off										
5/28/19	6/25/19	7/23/19	8/20/19	Tuesday	Active Recovery <60% of Max	Running	0:25:00	0:30:00	0:35:00	0:45:00	0:45:00	0:50:00	0:55:00	1:00:00	
					Strength/Coregasm/Yoga		0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	
5/29/19	6/26/19	7/24/19	8/21/19	Wednesday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:45:00	1:00:00	1:10:00	1:20:00	1:25:00	1:35:00	1:45:00	1:55:00	
5/30/19	6/27/19	7/25/19	8/22/19	Thursday	Active Recovery <60% of Max	Running	0:15:00	0:20:00	0:25:00	0:30:00	0:30:00	0:35:00	0:35:00	0:40:00	
					Strength/Coregasm/Yoga		0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	
5/31/19	6/28/19	7/26/19	8/23/19	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:45:00	1:00:00	1:10:00	1:20:00	1:25:00	1:35:00	1:45:00	1:55:00	
6/1/19	6/29/19	7/27/19	8/24/19	Saturday	Over Distance 60-70% of Max	Your Choice	0:45:00	1:00:00	1:10:00	1:20:00	1:25:00	1:35:00	1:45:00	1:55:00	
6/2/19	6/30/19	7/28/19	8/25/19	Sunday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:30:00	1:55:00	2:20:00	2:45:00	2:55:00	3:15:00	3:30:00	3:45:00	
							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
							Aerobic Hours	4:25:00	5:45:00	6:50:00	8:00:00	8:25:00	9:25:00	10:15:00	11:10:00
							Total Hours	5:55:00	7:15:00	8:20:00	9:30:00	9:55:00	10:55:00	11:45:00	12:40:00

Conditioning/Over Distance						Workout & Zone	Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost
6/3/19	7/1/19	7/29/19	8/26/19	Monday	Off										
6/4/19	7/2/19	7/30/19	8/27/19	Tuesday	Active Recovery <60% of Max	Running	0:30:00	0:35:00	0:45:00	0:50:00	0:55:00	1:00:00	1:05:00	1:10:00	
					Strength/Coregasm/Yoga		0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	
6/5/19	7/3/19	7/31/19	8/28/19	Wednesday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:55:00	1:10:00	1:20:00	1:35:00	1:40:00	1:50:00	2:05:00	2:10:00	
6/6/19	7/4/19	8/1/19	8/29/19	Thursday	Active Recovery <60% of Max	Running	0:20:00	0:25:00	0:30:00	0:35:00	0:35:00	0:40:00	0:45:00	0:45:00	
					Strength/Coregasm/Yoga		0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	0:45:00	
6/7/19	7/5/19	8/2/19	8/30/19	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:55:00	1:10:00	1:20:00	1:35:00	1:40:00	1:50:00	2:05:00	2:10:00	

6/8/19	7/6/19	8/3/19	8/31/19	Saturday	Over Distance 60-70% of Max	Your Choice	0:55:00	1:10:00	1:20:00	1:35:00	1:40:00	1:50:00	2:05:00	2:10:00	
6/9/19	7/7/19	8/4/19	9/1/19	Sunday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:50:00	2:15:00	2:45:00	3:10:00	3:20:00	3:45:00	4:05:00	4:25:00	
							Strength/Yoga	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	
							Aerobic Hours	5:25:00	6:45:00	8:00:00	9:20:00	9:50:00	10:55:00	12:10:00	12:50:00
							Total Hours	6:55:00	8:15:00	9:30:00	10:50:00	11:20:00	12:25:00	13:40:00	14:20:00

Recovery															
						Workout & Zone	Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost
6/10/19	7/8/19	8/5/19	9/2/19	Monday	Off										
6/11/19	7/9/19	8/6/19	9/3/19	Tuesday	Active Recovery <60% of Max	Running	0:15:00	0:20:00	0:25:00	0:30:00	0:30:00	0:35:00	0:40:00	0:40:00	
							<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	
6/12/19	7/10/19	8/7/19	9/4/19	Wednesday	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	
6/13/19	7/11/19	8/8/19	9/5/19	Thursday	Active Recovery <60% of Max	Running, etc.	0:05:00	0:10:00	0:10:00	0:15:00	0:15:00	0:25:00	0:20:00	0:20:00	
							<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	
6/14/19	7/12/19	8/9/19	9/6/19	Friday	Active Recovery <60% of Max	Rollerski/bike/swim	0:25:00	0:35:00	0:45:00	0:55:00	1:00:00	1:05:00	1:15:00	1:20:00	
6/15/19	7/13/19	8/10/19	9/7/19	Saturday	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	
6/16/19	7/14/19	8/11/19	9/8/19	Sunday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:40:00	0:55:00	1:05:00	1:20:00	1:25:00	1:35:00	1:50:00	1:55:00	
							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
							Aerobic Hours	1:55:00	2:40:00	3:15:00	4:00:00	4:15:00	4:50:00	5:25:00	5:40:00
							Total Hours	3:25:00	4:10:00	4:45:00	5:30:00	5:45:00	6:20:00	6:55:00	7:10:00