

Summer Rotations

Conditioning/Over Distance				Workout & Zone	Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	
Week 1															
5/31/21	6/28/21	7/26/21	Monday	Off											
6/1/21	6/29/21	7/27/21	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	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	0:45:00	
6/2/21	6/30/21	7/28/21	Wednesday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:45:00	0:55:00	1:10:00	1:20:00	1:25:00	1:35:00	1:45:00	1:50:00	1:55:00	
6/3/21	7/1/21	7/29/21	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	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	0:45:00	
6/4/21	7/2/21	7/30/21	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	1:40:00	
6/5/21	7/3/21	7/31/21	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:10:00	1:30:00	1:50:00	2:10:00	2:20:00	2:35:00	2:50:00	3:05:00	3:10:00	
6/6/21	7/4/21	8/1/21	Sunday	Active Recovery <60% of Max	Your Choice	0:30:00	0:40:00	0:50:00	1:00:00	1:05:00	1:10:00	1:20:00	1:25:00	1:25:00	
						Strength/Yoga	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	0:00:00	
						Aerobic Hours	3:35:00	4:30:00	5:40:00	6:40:00	7:05:00	7:55:00	8:40:00	9:20:00	11:05:00
						Total Hours	5:05:00	6:00:00	7:10:00	8:10:00	8:35:00	9:25:00	10:10:00	10:50:00	11:05:00

Conditioning/Over Distance				Workout & Zone	Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	
6/7/21	7/5/21	8/2/21	Monday	Off											
6/8/21	7/6/21	8/3/21	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	1:05:00	
				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	0:45:00	
6/9/21	7/7/21	8/4/21	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	1:55:00	2:05:00	2:15:00	2:20:00	
6/10/21	7/8/21	8/5/21	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	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	0:45:00	
6/11/21	7/9/21	8/6/21	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	2:00:00	
6/12/21	7/10/21	8/7/21	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:30:00	1:50:00	2:15:00	2:40:00	2:50:00	3:05:00	3:25:00	3:40:00	3:50:00	
6/13/21	7/11/21	8/8/21	Sunday	Active Recovery <60% of Max	Your Choice	0:40:00	0:50:00	1:00:00	1:10:00	1:15:00	1:25:00	1:35:00	1:40:00	1:45:00	
						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	4:30:00	5:40:00	6:45:00	8:00:00	8:25:00	9:25:00	10:20:00	11:10:00	11:40:00
						Total Hours	6:00:00	7:10:00	8:15:00	9:30:00	9:55:00	10:55:00	11:50:00	12:40:00	13:10:00

Conditioning/Over Distance				Workout & Zone	Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
6/14/21	7/12/21	8/9/21	Monday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:20:00	0:25:00	0:30:00	0:35:00	0:35:00	0:40:00	0:45:00	0:45:00	0:50:00
6/15/21	7/13/21	8/10/21	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	1:15:00
				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	0:45:00
6/16/21	7/14/21	8/11/21	Wednesday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:00:00	1:15:00	1:30:00	1:45:00	1:55:00	2:05:00	2:20:00	2:25:00	2:35:00
6/17/21	7/15/21	8/12/21	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	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	0:45:00
6/18/21	7/16/21	8/13/21	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	2:15:00
6/19/21	7/17/21	8/14/21	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:30:00	1:50:00	2:15:00	2:40:00	2:45:00	3:05:00	3:25:00	3:35:00	3:45:00
6/20/21	7/18/21	8/15/21	Sunday	Active Recovery <60% of Max	Your Choice	0:50:00	1:00:00	1:10:00	1:25:00	1:30:00	1:40:00	1:50:00	1:55:00	2:00:00
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
Aerobic Hours						5:05:00	6:15:00	7:30:00	8:50:00	9:20:00	10:20:00	11:30:00	12:00:00	12:40:00
Total Hours						6:35:00	7:45:00	9:00:00	10:20:00	10:50:00	11:50:00	13:00:00	13:30:00	14:10:00

Recovery				Workout & Zone	Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga
6/21/21	7/19/21	8/16/21	Monday	Off										
6/22/21	7/20/21	8/17/21	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	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	0:45:00
6/23/21	7/21/21	8/18/21	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	1:30:00
6/24/21	7/22/21	8/19/21	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	0:20:00
				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	0:45:00
6/25/21	7/23/21	8/20/21	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	1:25:00
6/26/21	7/24/21	8/21/21	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	0:00:00
6/27/21	7/25/21	8/22/21	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	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
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	6:00:00
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	7:30:00