

Summer Rotations

BLOCK 1

| Conditioning/Over Distance | | | 250:00:00 | 300:00:00 | 350:00:00 | 400:00:00 | 420:00:00 | 460:00:00 | 500:00:00 | 529:00:00 | 550:00:00 | 600:00:00 | |
|----------------------------|----------------|-----------------------------|--|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
| Week 1 | Workout & Zone | Suggested Activity | Banana | Cayenne | Tabasco | Jalapeno | Thai | Rocoto | Habanero | Ghost | Naga | Viper | |
| 5/1/23 | Monday | Off | | | | | | | | | | | |
| 5/2/23 | Tuesday | Active Recovery <60% of Max | Running | 0:15:00 | 0:15:00 | 0:20:00 | 0:25:00 | 0:25:00 | 0:30:00 | 0:35:00 | 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 | 0:45:00 |
| 5/3/23 | Wednesday | Over Distance 60-70% of Max | Run, rollerski or whatever team is doing | 0:30:00 | 0:40:00 | 0:45:00 | 0:55:00 | 1:00:00 | 1:10:00 | 1:15:00 | 1:20:00 | 1:25:00 | 1:35:00 |
| 5/4/23 | Thursday | Active Recovery <60% of Max | Running | 0:10:00 | 0:10:00 | 0:15:00 | 0:15:00 | 0:20:00 | 0:20:00 | 0:25:00 | 0:25:00 | 0:25:00 | 0:30:00 |
| | | 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 | 0:45:00 |
| 5/5/23 | Friday | Over Distance 60-70% of Max | Rollerski/bike/swim | 0:25:00 | 0:30:00 | 0:40:00 | 0:50:00 | 0:50:00 | 0:55:00 | 1:05:00 | 1:10:00 | 1:10:00 | 1:20:00 |
| 5/6/23 | Saturday | Over Distance 60-70% of Max | Run, bike, swim, hike or whatever you want | 0:45:00 | 1:00:00 | 1:20:00 | 1:35:00 | 1:40:00 | 1:50:00 | 2:05:00 | 2:15:00 | 2:20:00 | 2:35:00 |
| 5/7/23 | Sunday | Active Recovery <60% of Max | Your Choice | 0:20:00 | 0:30:00 | 0:35:00 | 0:40:00 | 0:45:00 | 0:50:00 | 0:55:00 | 1:00:00 | 1:05:00 | 1:10:00 |
| | | | 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 | 1:30:00 | 1:30:00 |
| | | | Aerobic Hours | 2:25:00 | 3:05:00 | 3:55:00 | 4:40:00 | 5:00:00 | 5:35:00 | 6:20:00 | 6:45:00 | 7:05:00 | 7:50:00 |
| | | | Total Hours | 3:55:00 | 4:35:00 | 5:25:00 | 6:10:00 | 6:30:00 | 7:05:00 | 7:50:00 | 8:15:00 | 8:35:00 | 9:20:00 |

| Conditioning/Over Distance | | | | | | | | | | | | | |
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| | Workout & Zone | Suggested Activity | Banana | Cayenne | Tabasco | Jalapeno | Thai | Rocoto | Habanero | Ghost | Naga | Viper | |
| 5/8/23 | Monday | Off | | | | | | | | | | | |
| 5/9/23 | Tuesday | Active Recovery <60% of Max | Running | 0:15:00 | 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 | 0:45:00 |
| 5/10/23 | Wednesday | Over Distance 60-70% of Max | Run, rollerski or whatever team is doing | 0:35:00 | 0:45:00 | 1:00:00 | 1:10:00 | 1:15:00 | 1:20:00 | 1:30:00 | 1:35:00 | 1:40:00 | 1:50:00 |
| 5/11/23 | Thursday | Active Recovery <60% of Max | Running | 0:10:00 | 0:15:00 | 0:15:00 | 0:20:00 | 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 | 0:45:00 | 0:45:00 |
| 5/12/23 | Friday | Over Distance 60-70% of Max | Rollerski/bike/swim | 0:30:00 | 0:40:00 | 0:50:00 | 1:00:00 | 1:00:00 | 1:10:00 | 1:15:00 | 1:20:00 | 1:25:00 | 1:35:00 |
| 5/13/23 | Saturday | Over Distance 60-70% of Max | Run, bike, swim, hike or whatever you want | 1:00:00 | 1:20:00 | 1:35:00 | 1:55:00 | 2:00:00 | 2:15:00 | 2:30:00 | 2:40:00 | 2:45:00 | 3:05:00 |
| 5/14/23 | Sunday | Active Recovery <60% of Max | Your Choice | 0:25:00 | 0:35:00 | 0:45:00 | 0:50:00 | 0:55:00 | 1:00:00 | 1:10:00 | 1:15:00 | 1:15:00 | 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 | 1:30:00 | 1:30:00 | 1:30:00 |
| | | | Aerobic Hours | 2:55:00 | 3:55:00 | 4:50:00 | 5:45:00 | 6:05:00 | 6:45:00 | 7:30:00 | 8:05:00 | 8:20:00 | 9:20:00 |
| | | | Total Hours | 4:25:00 | 5:25:00 | 6:20:00 | 7:15:00 | 7:35:00 | 8:15:00 | 9:00:00 | 9:35:00 | 9:50:00 | 10:50:00 |

| Conditioning/Over Distance | | | | | | | | | | | | | |
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| Workout & Zone | | | Suggested Activity | Banana | Cayenne | Tabasco | Jalapeno | Thai | Rocoto | Habanero | Ghost | Naga | Viper |
| 5/15/23 | Monday | Over Distance 60-70% of Max | Run, bike, swim, hike or whatever you want | 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 | 0:40:00 |
| 5/16/23 | 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 | 0:50:00 | 0:50:00 | 0:55:00 | 1:00:00 |
| | | <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 | 0:45:00 | 0:45:00 | 0:45:00 |
| 5/17/23 | Wednesday | Over Distance 60-70% of Max | Run, rollerski or whatever team is doing | 0:35:00 | 0:50:00 | 1:00:00 | 1:10:00 | 1:15:00 | 1:20:00 | 1:30:00 | 1:35:00 | 1:40:00 | 1:50:00 |
| 5/18/23 | 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 | 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 | 0:45:00 | 0:45:00 | 0:45:00 |
| 5/19/23 | Friday | Over Distance 60-70% of Max | Rollerski/bike/swim | 0:35:00 | 0:50:00 | 1:00:00 | 1:10:00 | 1:15:00 | 1:20:00 | 1:30:00 | 1:35:00 | 1:40:00 | 1:50:00 |
| 5/20/23 | Saturday | Over Distance 60-70% of Max | Run, bike, swim, hike or whatever you want | 1:05:00 | 1:25:00 | 1:45:00 | 2:00:00 | 2:10:00 | 2:25:00 | 2:40:00 | 2:50:00 | 3:00:00 | 3:15:00 |
| 5/21/23 | Sunday | Active Recovery <60% of Max | Your Choice | 0:35:00 | 0:40:00 | 0:50:00 | 1:00:00 | 1:05:00 | 1:10:00 | 1:20:00 | 1:25:00 | 1:30:00 | 1:40:00 |
| | | | 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 | 1:30:00 |
| | | | Aerobic Hours | 3:40:00 | 4:40:00 | 5:45:00 | 6:45:00 | 7:15:00 | 8:00:00 | 8:50:00 | 9:25:00 | 9:55:00 | 10:55:00 |
| | | | Total Hours | 5:10:00 | 6:10:00 | 7:15:00 | 8:15:00 | 8:45:00 | 9:30:00 | 10:20:00 | 10:55:00 | 11:25:00 | 12:25:00 |

| Recovery | | | | | | | | | | | | | |
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| Workout & Zone | | | Suggested Activity | Banana | Cayenne | Tabasco | Jalapeno | Thai | Rocoto | Habanero | Ghost | Naga | Viper |
| 5/22/23 | Monday | Off | | | | | | | | | | | |
| 5/23/23 | Tuesday | Active Recovery <60% of Max | Stretch, roll, massage, yoga | 0:05:00 | 0:10:00 | 0:10:00 | 0:10:00 | 0:15:00 | 0:15:00 | 0:15:00 | 0:15:00 | 0:20:00 | 0:20:00 |
| | | <i>OFF</i> | | 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 |
| 5/24/23 | Wednesday | Active Recovery <60% of Max | Run, rollerski or whatever team is doing | 0:30:00 | 0:40:00 | 0:50:00 | 0:55:00 | 1:00:00 | 1:05:00 | 1:15:00 | 1:20:00 | 1:25:00 | 1:30:00 |
| 5/25/23 | Thursday | Dynamic Warmup | Running, etc. | 0:05:00 | 0:10:00 | 0:10:00 | 0:10:00 | 0:15:00 | 0:15:00 | 0:15:00 | 0:15:00 | 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 | 0:45:00 | 0:45:00 | 0:45:00 |
| 5/26/23 | Friday | 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 |
| 5/27/23 | Saturday | Active Recovery <60% of Max | Rollerski/bike/swim | 0:45:00 | 0:55:00 | 1:10:00 | 1:20:00 | 1:25:00 | 1:35:00 | 1:45:00 | 1:55:00 | 2:00:00 | 2:10:00 |
| 5/28/23 | Sunday | Over Distance 60-70% of Max | Run, bike, swim, hike or whatever you want | 0:20:00 | 0:30:00 | 0:35:00 | 0:40:00 | 0:45:00 | 0:50:00 | 0:55:00 | 0:55:00 | 1:00:00 | 1:05:00 |
| | | | Strength/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 | 0:45:00 |
| | | | Aerobic Hours | 1:45:00 | 2:25:00 | 2:55:00 | 3:15:00 | 3:40:00 | 4:00:00 | 4:25:00 | 4:40:00 | 5:05:00 | 5:25:00 |
| | | | Total Hours | 2:30:00 | 3:10:00 | 3:40:00 | 4:00:00 | 4:25:00 | 4:45:00 | 5:10:00 | 5:25:00 | 5:50:00 | 6:10:00 |