

BLOCK 2

Conditioning/Over Distance			Suggested Activity										
Week 1	Workout & Zone		Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper	
5/22/23	Monday	Off											
5/23/23	Tuesday	Active Recovery <60% of Max	Running	0:10:00	0:20:00	0:25:00	0:30:00	0:35:00	0:40:00	0:45:00	0:45:00	0:50:00	0:55:00
		<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
5/24/23	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	0:25:00	0:50:00	1:00:00	1:10:00	1:15:00	1:25:00	1:35:00	1:40:00	1:45:00	1:55:00
5/25/23	Thursday	Active Recovery <60% of Max	Running	0:05:00	0:15:00	0:20:00	0:20:00	0:25:00	0:25:00	0:30:00	0:30:00	0:30:00	0:35:00
		<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	Over Distance 60-70% of Max	Rollerski/bike/swim	0:20:00	0:40:00	0:50:00	1:00:00	1:05:00	1:15:00	1:20:00	1:25:00	1:30:00	1:40:00
5/27/23	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:40:00	1:20:00	1:40:00	2:00:00	2:05:00	2:20:00	2:35:00	2:45:00	2:55:00	3:15:00
5/28/23	Sunday	Active Recovery <60% of Max	Your Choice	0:20:00	0:35:00	0:45:00	0:55:00	0:55:00	1:05:00	1:10:00	1:15:00	1:20:00	1:30:00
		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		2:00:00	4:00:00	5:00:00	5:55:00	6:20:00	7:10:00	7:55:00	8:20:00	8:50:00	9:50:00
		Total Hours		3:30:00	5:30:00	6:30:00	7:25:00	7:50:00	8:40:00	9:25:00	9:50:00	10:20:00	11:20:00

Conditioning/Over Distance			Suggested Activity										
	Workout & Zone		Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper	
5/29/23	Monday	Off											
5/30/23	Tuesday	Active Recovery <60% of Max	Running	0:15:00	0:25:00	0:35:00	0:40:00	0:40:00	0:45:00	0:50:00	0:55:00	0:55:00	1:05:00
		<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
5/31/23	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	0:35:00	1:00:00	1:15:00	1:25:00	1:30:00	1:45:00	1:55:00	2:00:00	2:05:00	2:20:00
6/1/23	Thursday	Active Recovery <60% of Max	Running	0:10:00	0:20:00	0:20:00	0:25:00	0:30:00	0:30:00	0:35:00	0:35:00	0:40:00	0:40:00
		<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
6/2/23	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:30:00	0:50:00	1:05:00	1:15:00	1:20:00	1:25:00	1:35:00	1:45:00	1:50:00	2:00:00
6/3/23	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:00:00	1:40:00	2:00:00	2:25:00	2:30:00	2:50:00	3:05:00	3:20:00	3:30:00	3:50:00
6/4/23	Sunday	Active Recovery <60% of Max	Your Choice	0:25:00	0:45:00	0:55:00	1:05:00	1:10:00	1:15:00	1:25:00	1:30:00	1:35:00	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	1:30:00	1:30:00
		Aerobic Hours		2:55:00	5:00:00	6:10:00	7:15:00	7:40:00	8:30:00	9:25:00	10:05:00	10:35:00	11:40:00
		Total Hours		4:25:00	6:30:00	7:40:00	8:45:00	9:10:00	10:00:00	10:55:00	11:35:00	12:05:00	13:10:00

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

Recovery													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
6/12/23	Monday	Off											
6/13/23	Tuesday	Active Recovery <60% of Max	Stretch, roll, massage, yoga	0:05:00	0:10:00	0:10:00	0:15:00	0:15:00	0:15:00	0:15:00	0:20:00	0:20:00	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
6/14/23	Wednesday	Active Recovery <60% of Max	Run, rollerski or whatever team is doing	0:25:00	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
6/15/23	Thursday	Dynamic Warmup	Running, etc.	0:05:00	0:10:00	0:10:00	0:15:00	0:15:00	0:20:00	0:15:00	0:20:00	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
6/16/23	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
6/17/23	Saturday	Active Recovery <60% of Max	Rollerski/bike/swim	0:40:00	0:55:00	1:10:00	1:25:00	1:30:00	1:40:00	1:55:00	2:05:00	2:10:00	2:25:00
6/18/23	Sunday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:20:00	0:25:00	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	0:50:00	1:35:00	2:10:00	2:50:00	3:05:00	3:30:00	3:55:00	4:25:00	4:40:00	5:10:00
			Total Hours	2:20:00	3:05:00	3:40:00	4:20:00	4:35:00	5:00:00	5:25:00	5:55:00	6:10:00	6:40:00