

### BLOCK 3

Conditioning/Over Distance			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
Week 1	Workout & Zone												
6/19/23	Monday	Off											
6/20/23	Tuesday	Active Recovery <60% of Max	Running	0:15:00	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/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
6/21/23	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	0:30:00	1:05:00	1:20:00	1:30:00	1:35:00	1:50:00	2:00:00	2:05:00	2:15:00	2:25:00
		Active Recovery <60% of Max	Running	0:10:00	0:20:00	0:25:00	0:30:00	0:30:00	0:30:00	0:35:00	0:40:00	0:40:00	0:45:00
6/22/23	Thursday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:30:00	0:55:00	1:05:00	1:20:00	1:25:00	1:30:00	1:40:00	1:50:00	1:55:00	2:05:00
		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	0:45:00
6/23/23	Friday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:55:00	1:45:00	2:10:00	2:30:00	2:40:00	3:00:00	3:15:00	3:30:00	3:40:00	4:00:00
6/24/23	Saturday	Active Recovery <60% of Max	Your Choice	0:25:00	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
			<b>Strength/Yoga</b>	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
			<b>Aerobic Hours</b>	2:45:00	5:25:00	6:35:00	7:40:00	8:10:00	9:00:00	9:55:00	10:35:00	11:10:00	12:10:00
			<b>Total Hours</b>	<b>4:15:00</b>	<b>6:55:00</b>	<b>8:05:00</b>	<b>9:10:00</b>	<b>9:40:00</b>	<b>10:30:00</b>	<b>11:25:00</b>	<b>12:05:00</b>	<b>12:40:00</b>	<b>13:40:00</b>

Conditioning/Over Distance			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
	Workout & Zone												
6/26/23	Monday	Off											
6/27/23	Tuesday	Active Recovery <60% of Max	Running	0:15:00	0:35:00	0:40:00	0:50:00	0:50:00	1:00:00	1:05:00	1:10:00	1:10:00	1:20:00
		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	0:45:00
6/28/23	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	0:35:00	1:20:00	1:35:00	1:50:00	1:55:00	2:10:00	2:20:00	2:30:00	2:40:00	2:55:00
		Active Recovery <60% of Max	Running	0:10:00	0:25:00	0:30:00	0:35:00	0:35:00	0:40:00	0:45:00	0:45:00	0:45:00	0:50:00
6/29/23	Thursday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:30:00	1:05:00	1:20:00	1:35:00	1:40:00	1:50:00	2:00:00	2:10:00	2:15:00	2:30:00
		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
6/30/23	Friday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:00:00	2:10:00	2:35:00	3:00:00	3:10:00	3:35:00	3:55:00	4:10:00	4:20:00	4:45:00
7/1/23	Saturday	Active Recovery <60% of Max	Your Choice	0:25:00	1:00:00	1:10:00	1:20:00	1:25:00	1:35:00	1:45:00	1:55:00	2:00:00	2:10:00
7/2/23	Sunday	Over Distance 60-70% of Max											
			<b>Strength/Yoga</b>	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
			<b>Aerobic Hours</b>	2:55:00	6:35:00	7:50:00	9:10:00	9:35:00	10:50:00	11:50:00	12:40:00	13:10:00	14:30:00
			<b>Total Hours</b>	<b>4:25:00</b>	<b>8:05:00</b>	<b>9:20:00</b>	<b>10:40:00</b>	<b>11:05:00</b>	<b>12:20:00</b>	<b>13:20:00</b>	<b>14:10:00</b>	<b>14:40:00</b>	<b>16:00:00</b>

Conditioning/Over Distance													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
7/3/23	Monday	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	0:40:00	0:45:00	0:50:00	0:55:00	0:55:00	1:00:00
7/4/23	Tuesday	Active Recovery <60% of Max	Running	0:35:00	0:40:00	0:50:00	1:00:00	1:00:00	1:10:00	1:15:00	1:20:00	1:20:00	1:30:00
		<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
7/5/23	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	1:00:00	1:20:00	1:35:00	1:50:00	1:55:00	2:10:00	2:20:00	2:30:00	2:35:00	2:50:00
7/6/23	Thursday	Active Recovery <60% of Max	Running	0:20:00	0:30:00	0:35:00	0:40:00	0:40:00	0:45:00	0:50:00	0:55:00	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
7/7/23	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	1:00:00	1:20:00	1:35:00	1:50:00	1:55:00	2:10:00	2:20:00	2:30:00	2:35:00	2:50:00
7/8/23	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:50:00	2:20:00	2:45:00	3:10:00	3:25:00	3:45:00	4:05:00	4:25:00	4:35:00	5:00:00
7/9/23	Sunday	Active Recovery <60% of Max	Your Choice	0:55:00	1:10:00	1:20:00	1:35:00	1:40:00	1:55:00	2:05:00	2:10:00	2:15:00	2:30:00
			<b>Strength/Yoga</b>	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
			<b>Aerobic Hours</b>	6:00:00	7:50:00	9:15:00	10:45:00	11:15:00	12:40:00	13:45:00	14:45:00	15:10:00	16:40:00
			<b>Total Hours</b>	<b>7:30:00</b>	<b>9:20:00</b>	<b>10:45:00</b>	<b>12:15:00</b>	<b>12:45:00</b>	<b>14:10:00</b>	<b>15:15:00</b>	<b>16:15:00</b>	<b>16:40:00</b>	<b>18:10:00</b>

Recovery													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
7/10/23	Monday	Off											
7/11/23	Tuesday	Active Recovery <60% of Max	Stretch, roll, massage, yoga	0:10:00	0:10:00	0:15:00	0:15:00	0:20:00	0:20:00	0:20:00	0:25:00	0:25:00	0:30:00
		<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
7/12/23	Wednesday	Active Recovery <60% of Max	Run, rollerski or whatever team is doing	0:40:00	0:50:00	1:05:00	1:15:00	1:20:00	1:35:00	1:45:00	1:50:00	1:55:00	2:10:00
7/13/23	Thursday	Dynamic Warmup	Running, etc.	0:10:00	0:10:00	0:15:00	0:15:00	0:20:00	0:25:00	0:20:00	0:25:00	0:25:00	0:30:00
		<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
7/14/23	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
7/15/23	Saturday	Active Recovery <60% of Max	Rollerski/bike/swim	0:55:00	1:15:00	1:30:00	1:50:00	2:00:00	2:10:00	2:25:00	2:35:00	2:45:00	3:05:00
7/16/23	Sunday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:30:00	0:35:00	0:45:00	0:55:00	1:00:00	1:05:00	1:15:00	1:20:00	1:25:00	1:30:00
			<b>Strength/Yoga</b>	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
			<b>Aerobic Hours</b>	1:40:00	2:15:00	3:05:00	3:45:00	4:15:00	4:50:00	5:20:00	5:50:00	6:10:00	7:00:00
			<b>Total Hours</b>	<b>3:10:00</b>	<b>3:45:00</b>	<b>4:35:00</b>	<b>5:15:00</b>	<b>5:45:00</b>	<b>6:20:00</b>	<b>6:50:00</b>	<b>7:20:00</b>	<b>7:40:00</b>	<b>8:30:00</b>