

### BLOCK 4

Conditioning/Over Distance													
Week 1	Workout & Zone		Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
7/24/23	Monday	Off											
7/25/23	Tuesday	Active Recovery <60% of Max	Running	0:15:00	0:30:00	0:40:00	0:45:00	0:45:00	0:55:00	1:00:00	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	0:45:00	0:45:00
7/26/23	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	0:35:00	1:10:00	1:25:00	1:40:00	1:45:00	1:55:00	2:10:00	2:15:00	2:25:00	2:40:00
		Active Recovery <60% of Max	Running	0:10:00	0:20:00	0:25:00	0:30:00	0:30:00	0:35:00	0:40:00	0:40:00	0:45:00	0:45:00
7/27/23	Thursday	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
		Over Distance 60-70% of Max	Rollerski/bike/swim	0:30:00	1:00:00	1:10:00	1:25:00	1:30:00	1:40:00	1:50:00	1:55:00	2:00:00	2:15:00
7/29/23	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:00:00	1:55:00	2:20:00	2:45:00	2:55:00	3:15:00	3:35:00	3:45:00	3:55:00	4:20:00
		Active Recovery <60% of Max	Your Choice	0:25:00	0:55:00	1:05:00	1:15:00	1:20:00	1:30:00	1:35:00	1:45:00	1:50:00	2:00:00
			<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>	2:55:00	5:50:00	7:05:00	8:20:00	8:45:00	9:50:00	10:50:00	11:20:00	12:00:00	13:10:00
			<b>Total Hours</b>	<b>4:25:00</b>	<b>7:20:00</b>	<b>8:35:00</b>	<b>9:50:00</b>	<b>10:15:00</b>	<b>11:20:00</b>	<b>12:20:00</b>	<b>12:50:00</b>	<b>13:30:00</b>	<b>14:40:00</b>

Conditioning/Over Distance													
	Workout & Zone		Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
7/31/23	Monday	Off											
8/1/23	Tuesday	Active Recovery <60% of Max	Running	0:15:00	0:40:00	0:45:00	0:55:00	0:55:00	1:05:00	1:10:00	1:15:00	1:15:00	1:25:00
		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
8/2/23	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	0:35:00	1:25:00	1:40:00	2:00:00	2:05:00	2:20:00	2:35:00	2:45:00	2:50:00	3:10:00
		Active Recovery <60% of Max	Running	0:10:00	0:25:00	0:30:00	0:35:00	0:40:00	0:40:00	0:45:00	0:50:00	0:50:00	0:55:00
8/3/23	Thursday	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
		Over Distance 60-70% of Max	Rollerski/bike/swim	0:30:00	1:10:00	1:25:00	1:40:00	1:45:00	2:00:00	2:10:00	2:20:00	2:25:00	2:40:00
8/5/23	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:00:00	2:20:00	2:50:00	3:15:00	3:30:00	3:50:00	4:15:00	4:30:00	4:40:00	5:10:00
		Active Recovery <60% of Max	Your Choice	0:25:00	1:05:00	1:15:00	1:30:00	1:35:00	1:45:00	1:55:00	2:00:00	2:10:00	2:20:00
			<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>	2:55:00	7:05:00	8:25:00	9:55:00	10:30:00	11:40:00	12:50:00	13:40:00	14:10:00	15:40:00
			<b>Total Hours</b>	<b>4:25:00</b>	<b>8:35:00</b>	<b>9:55:00</b>	<b>11:25:00</b>	<b>12:00:00</b>	<b>13:10:00</b>	<b>14:20:00</b>	<b>15:10:00</b>	<b>15:40:00</b>	<b>17:10:00</b>

Conditioning/Over Distance													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
8/7/23	Monday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:25:00	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
8/8/23	Tuesday	Active Recovery <60% of Max	Running	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	1:40:00
		<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
8/9/23	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	1:10:00	1:25:00	1:40:00	2:00:00	2:05:00	2:20:00	2:30:00	2:40:00	2:50:00	3:05:00
8/10/23	Thursday	Active Recovery <60% of Max	Running	0:25:00	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
		<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
8/11/23	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	1:10:00	1:25:00	1:40:00	2:00:00	2:05:00	2:20:00	2:30:00	2:40:00	2:50:00	3:05:00
8/12/23	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	2:00:00	2:30:00	3:00:00	3:30:00	3:40:00	4:05:00	4:25:00	4:45:00	4:55:00	5:25:00
8/13/23	Sunday	Active Recovery <60% of Max	Your Choice	1:00:00	1:15:00	1:30:00	1:45:00	1:50:00	2:00:00	2:15:00	2:20:00	2:30:00	2:45:00
			<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>	6:45:00	8:20:00	9:55:00	11:35:00	12:15:00	13:40:00	14:50:00	15:40:00	16:35:00	18:10:00
			<b>Total Hours</b>	<b>8:15:00</b>	<b>9:50:00</b>	<b>11:25:00</b>	<b>13:05:00</b>	<b>13:45:00</b>	<b>15:10:00</b>	<b>16:20:00</b>	<b>17:10:00</b>	<b>18:05:00</b>	<b>19:40:00</b>

Recovery													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
8/14/23	Monday	Off											
8/15/23	Tuesday	Active Recovery <60% of Max	Stretch, roll, massage, yoga	0:10:00	0:10:00	0:15:00	0:20:00	0:20:00	0:20:00	0:25:00	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
8/16/23	Wednesday	Active Recovery <60% of Max	Run, rollerski or whatever team is doing	0:45:00	0:55:00	1:10:00	1:25:00	1:30:00	1:40:00	1:50:00	2:00:00	2:05:00	2:20:00
8/17/23	Thursday	Dynamic Warmup	Running, etc.	0:10:00	0:10:00	0:15:00	0:20:00	0:20:00	0:25:00	0:25:00	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
8/18/23	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
8/19/23	Saturday	Active Recovery <60% of Max	Rollerski/bike/swim	1:00:00	1:20:00	1:40:00	2:00:00	2:10:00	2:25:00	2:40:00	2:50:00	3:00:00	3:20:00
8/20/23	Sunday	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	1:40:00
			<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>	1:50:00	2:30:00	3:25:00	4:20:00	4:40:00	5:15:00	5:55:00	6:20:00	6:40:00	7:35:00
			<b>Total Hours</b>	<b>3:20:00</b>	<b>4:00:00</b>	<b>4:55:00</b>	<b>5:50:00</b>	<b>6:10:00</b>	<b>6:45:00</b>	<b>7:25:00</b>	<b>7:50:00</b>	<b>8:10:00</b>	<b>9:05:00</b>