

Summer Rotations

| Rotation 1: Conditioning/Over Distance | | | | | Workout | Activity | Bell | Banana | Cayenne | Tabasco | Jalapeno | Thai | Rocoto | Habanero | Ghost | Naga |
|--|---------|---------|---------|-----------|--------------------|--------------------------------|---------|---------|---------|---------|----------|---------|---------|----------|----------|----------|
| 5/21/18 | 6/18/18 | 7/16/18 | 8/13/18 | Monday | Off | | | | | | | | | | | |
| 5/22/18 | 6/19/18 | 7/17/18 | 8/14/18 | Tuesday | Running | Running, etc. | 0:12:09 | 0:19:26 | 0:24:57 | 0:30:27 | 0:35:58 | 0:38:10 | 0:42:34 | 0:46:59 | 0:50:10 | 0:52:29 |
| | | | | | Strength/Core/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 |
| 5/23/18 | 6/20/18 | 7/18/18 | 8/15/18 | Wednesday | LSD | Your Choice | 0:22:57 | 0:36:43 | 0:47:07 | 0:57:32 | 1:07:56 | 1:12:06 | 1:20:25 | 1:28:44 | 1:34:46 | 1:39:09 |
| 5/24/18 | 6/21/18 | 7/19/18 | 8/16/18 | Thursday | Strength Part 1 | Running, etc. | 0:08:06 | 0:12:58 | 0:16:38 | 0:20:18 | 0:23:59 | 0:25:27 | 0:28:23 | 0:31:19 | 0:33:27 | 0:35:00 |
| | | | | | Strength/Core/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 |
| 5/25/18 | 6/22/18 | 7/20/18 | 8/17/18 | Friday | Rollerski | Breakfast Club | 0:22:57 | 0:36:43 | 0:47:07 | 0:57:32 | 1:07:56 | 1:12:06 | 1:20:25 | 1:28:44 | 1:34:46 | 1:39:09 |
| 5/26/18 | 6/23/18 | 7/21/18 | 8/18/18 | Saturday | LSD | Your Choice | 0:22:57 | 0:36:43 | 0:47:07 | 0:57:32 | 1:07:56 | 1:12:06 | 1:20:25 | 1:28:44 | 1:34:46 | 1:39:09 |
| | | | | | | Run, Hike or whatever you want | | | | | | | | | | |
| 5/27/18 | 6/24/18 | 7/22/18 | 8/19/18 | Sunday | LSD | | 0:45:54 | 1:13:26 | 1:34:15 | 1:55:03 | 2:15:52 | 2:24:11 | 2:40:50 | 2:57:29 | 3:09:33 | 3:18:17 |
| | | | | | | 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 | 2:15:00 | 3:36:00 | 4:37:12 | 5:38:24 | 6:39:36 | 7:04:05 | 7:53:02 | 8:42:00 | 9:17:30 | 9:43:12 |
| | | | | | | Total Hours | 3:45:00 | 5:06:00 | 6:07:12 | 7:08:24 | 8:09:36 | 8:34:05 | 9:23:02 | 10:12:00 | 10:47:30 | 11:13:12 |

| Rotation 2: Conditioning/Over Distance | | | | | Workout | Suggested Activity | Bell | Banana | Cayenne | Tabasco | Jalapeno | Thai | Rocoto | Habanero | Ghost | Naga |
|--|---------|---------|---------|-----------|--------------------|--------------------------------|---------|---------|---------|---------|----------|---------|----------|----------|----------|----------|
| 5/28/18 | 6/25/18 | 7/23/18 | 8/20/18 | Monday | Off | | | | | | | | | | | |
| 5/29/18 | 6/26/18 | 7/24/18 | 8/21/18 | Tuesday | Running | Running, etc. | 0:15:31 | 0:24:02 | 0:30:27 | 0:36:53 | 0:43:18 | 0:45:53 | 0:51:01 | 0:56:10 | 0:59:53 | 1:02:35 |
| | | | | | Strength/Core/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 |
| 5/30/18 | 6/27/18 | 7/25/18 | 8/22/18 | Wednesday | LSD | Your Choice | 0:29:20 | 0:45:23 | 0:57:32 | 1:09:40 | 1:21:48 | 1:26:40 | 1:36:22 | 1:46:05 | 1:53:07 | 1:58:13 |
| 5/31/18 | 6/28/18 | 7/26/18 | 8/23/18 | Thursday | Strength Part 1 | Running, etc. | 0:15:45 | 0:21:25 | 0:25:42 | 0:29:59 | 0:34:16 | 0:35:59 | 0:39:25 | 0:42:50 | 0:45:19 | 0:47:07 |
| | | | | | Strength/Core/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 |
| 6/1/18 | 6/29/18 | 7/27/18 | 8/24/18 | Friday | Rollerski | Breakfast Club | 0:29:20 | 0:45:23 | 0:57:32 | 1:09:40 | 1:21:48 | 1:26:40 | 1:36:22 | 1:46:05 | 1:53:07 | 1:58:13 |
| 6/2/18 | 6/30/18 | 7/28/18 | 8/25/18 | Saturday | LSD | Your Choice | 0:44:38 | 1:00:41 | 1:12:50 | 1:24:58 | 1:37:06 | 1:41:58 | 1:51:40 | 2:01:23 | 2:08:25 | 2:13:31 |
| | | | | | | Run, Hike or whatever you want | | | | | | | | | | |
| 6/3/18 | 7/1/18 | 7/29/18 | 8/26/18 | Sunday | LSD | | 0:58:39 | 1:30:47 | 1:55:03 | 2:19:20 | 2:43:36 | 2:53:19 | 3:12:44 | 3:32:10 | 3:46:14 | 3:56:26 |
| | | | | | | 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 | 2:52:30 | 4:27:00 | 5:38:24 | 6:49:48 | 8:01:12 | 8:29:46 | 9:26:53 | 10:24:00 | 11:05:25 | 11:35:24 |
| | | | | | | Total Hours | 4:22:30 | 5:57:00 | 7:08:24 | 8:19:48 | 9:31:12 | 9:59:46 | 10:56:53 | 11:54:00 | 12:35:25 | 13:05:24 |

| Rotation 3: Conditioning/Over Distance | | | | | Workout | Suggested Activity | Bell | Banana | Cayenne | Tabasco | Jalapeno | Thai | Rocoto | Habanero | Ghost | Naga |
|--|--------|---------|---------|-----------|--------------------|--------------------------------|---------|---------|---------|---------|----------|----------|----------|----------|----------|----------|
| 6/4/18 | 7/2/18 | 7/30/18 | 8/27/18 | Monday | Off | | | | | | | | | | | |
| 6/5/18 | 7/3/18 | 7/31/18 | 8/28/18 | Tuesday | Running | Running, etc. | 0:18:54 | 0:28:37 | 0:35:58 | 0:43:18 | 0:50:39 | 0:53:35 | 0:59:28 | 1:05:20 | 1:09:36 | 1:12:41 |
| | | | | | Strength/Core/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 |
| 6/6/18 | 7/4/18 | 8/1/18 | 8/29/18 | Wednesday | LSD | Your Choice | 0:35:42 | 0:54:04 | 1:07:56 | 1:21:48 | 1:35:41 | 1:41:13 | 1:52:19 | 2:03:25 | 2:11:28 | 2:17:18 |
| 6/7/18 | 7/5/18 | 8/2/18 | 8/30/18 | Thursday | Strength Part 1 | Running, etc. | 0:18:00 | 0:24:29 | 0:29:23 | 0:34:16 | 0:39:10 | 0:41:08 | 0:45:03 | 0:48:58 | 0:51:48 | 0:53:51 |
| | | | | | Strength/Core/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 |
| 6/8/18 | 7/6/18 | 8/3/18 | 8/31/18 | Friday | Rollerski | Breakfast Club | 0:35:42 | 0:54:04 | 1:07:56 | 1:21:48 | 1:35:41 | 1:41:13 | 1:52:19 | 2:03:25 | 2:11:28 | 2:17:18 |
| 6/9/18 | 7/7/18 | 8/4/18 | 9/1/18 | Saturday | LSD | Your Choice | 0:51:00 | 1:09:22 | 1:23:14 | 1:37:06 | 1:50:59 | 1:56:31 | 2:07:37 | 2:18:43 | 2:26:46 | 2:32:36 |
| | | | | | | Run, Hike or whatever you want | | | | | | | | | | |
| 6/10/18 | 7/8/18 | 8/5/18 | 9/2/18 | Sunday | LSD | | 1:11:24 | 1:48:07 | 2:15:52 | 2:43:36 | 3:11:21 | 3:22:27 | 3:44:39 | 4:06:50 | 4:22:56 | 4:34:35 |
| | | | | | | 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 | 3:30:00 | 5:18:00 | 6:39:36 | 8:01:12 | 9:22:48 | 9:55:26 | 11:00:43 | 12:06:00 | 12:53:20 | 13:27:36 |
| | | | | | | Total Hours | 5:00:00 | 6:48:00 | 8:09:36 | 9:31:12 | 10:52:48 | 11:25:26 | 12:30:43 | 13:36:00 | 14:23:20 | 14:57:36 |

| Rotation 4: Recovery | | | | | Workout | Activity | Bell | Banana | Cayenne | Tabasco | Jalapeno | Thai | Rocoto | Habanero | Ghost | Naga |
|----------------------|---------|---------|--------|-----------|--------------------|--------------------------------|---------|---------|---------|---------|----------|---------|---------|----------|---------|---------|
| 6/11/18 | 7/9/18 | 8/6/18 | 9/3/18 | Monday | Off | | | | | | | | | | | |
| 6/12/18 | 7/10/18 | 8/7/18 | 9/4/18 | Tuesday | Running | Running, etc. | 0:07:12 | 0:13:41 | 0:18:35 | 0:23:28 | 0:28:22 | 0:30:20 | 0:34:15 | 0:38:10 | 0:41:00 | 0:43:03 |
| | | | | | Strength/Core/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 |
| 6/13/18 | 7/11/18 | 8/8/18 | 9/5/18 | Wednesday | LSD | Your Choice | 0:15:00 | 0:28:30 | 0:38:42 | 0:48:54 | 0:59:06 | 1:03:11 | 1:11:20 | 1:19:30 | 1:25:25 | 1:29:42 |
| 6/14/18 | 7/12/18 | 8/9/18 | 9/6/18 | Thursday | Strength Part 1 | Running, etc. | 0:09:00 | 0:12:14 | 0:14:41 | 0:17:08 | 0:19:35 | 0:20:34 | 0:22:31 | 0:24:29 | 0:25:54 | 0:26:56 |
| | | | | | Strength/Core/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 |
| 6/15/18 | 7/13/18 | 8/10/18 | 9/7/18 | Friday | Rollerski | Breakfast Club | 0:13:48 | 0:26:13 | 0:35:36 | 0:44:59 | 0:54:22 | 0:58:08 | 1:05:38 | 1:13:08 | 1:18:35 | 1:22:31 |
| 6/16/18 | 7/14/18 | 8/11/18 | 9/8/18 | 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 | 0:00:00 |
| | | | | | | Run, Hike or whatever you want | | | | | | | | | | |
| 6/17/18 | 7/15/18 | 8/12/18 | 9/9/18 | Sunday | LSD | | 0:20:24 | 0:38:46 | 0:52:38 | 1:06:30 | 1:20:23 | 1:25:55 | 1:37:01 | 1:48:07 | 1:56:10 | 2:02:00 |
| | | | | | | 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 | 1:00:00 | 1:54:00 | 2:34:48 | 3:15:36 | 3:56:24 | 4:12:43 | 4:45:22 | 5:18:00 | 5:41:40 | 5:58:48 |
| | | | | | | Total Hours | 2:30:00 | 3:24:00 | 4:04:48 | 4:45:36 | 5:26:24 | 5:42:43 | 6:15:22 | 6:48:00 | 7:11:40 | 7:28:48 |