

Summer Rotations

Conditioning/Over Distance						Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost
Week 1	Workout & Zone													
5/18/20	6/15/20	7/13/20	8/10/20	Monday	Off									
5/19/20	6/16/20	7/14/20	8/11/20	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	0:45:00	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
5/20/20	6/17/20	7/15/20	8/12/20	Wednesday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:45:00	0:55:00	1:10:00	1:20:00	1:25:00	1:35:00	1:45:00	1:50:00
5/21/20	6/18/20	7/16/20	8/13/20	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
						<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
5/22/20	6/19/20	7/17/20	8/14/20	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:35:00	0:45:00	1:00:00	1:10:00	1:10:00	1:20:00	1:30:00	1:35:00
5/23/20	6/20/20	7/18/20	8/15/20	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:10:00	1:30:00	1:50:00	2:10:00	2:20:00	2:35:00	2:50:00	3:05:00
5/24/20	6/21/20	7/19/20	8/16/20	Sunday	Active Recovery <60% of Max	Your Choice	0:30:00	0:40:00	0:50:00	1:00:00	1:05:00	1:10:00	1:20:00	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
						Aerobic Hours	3:35:00	4:30:00	5:40:00	6:40:00	7:05:00	7:55:00	8:40:00	9:20:00
						Total Hours	5:05:00	6:00:00	7:10:00	8:10:00	8:35:00	9:25:00	10:10:00	10:50:00

Conditioning/Over Distance						Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost
Workout & Zone														
5/25/20	6/22/20	7/20/20	8/17/20	Monday	Off									
5/26/20	6/23/20	7/21/20	8/18/20	Tuesday	Active Recovery <60% of Max	Running	0:25:00	0:30:00	0:35:00	0:45:00	0:45:00	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
5/27/20	6/24/20	7/22/20	8/19/20	Wednesday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:55:00	1:10:00	1:20:00	1:35:00	1:40:00	1:55:00	2:05:00	2:15:00
5/28/20	6/25/20	7/23/20	8/20/20	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	0:35:00	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
5/29/20	6/26/20	7/24/20	8/21/20	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:45:00	1:00:00	1:10:00	1:20:00	1:25:00	1:35:00	1:45:00	1:55:00
5/30/20	6/27/20	7/25/20	8/22/20	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:30:00	1:50:00	2:15:00	2:40:00	2:50:00	3:05:00	3:25:00	3:40:00
5/31/20	6/28/20	7/26/20	8/23/20	Sunday	Active Recovery <60% of Max	Your Choice	0:40:00	0:50:00	1:00:00	1:10:00	1:15:00	1:25:00	1:35:00	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
						Aerobic Hours	4:30:00	5:40:00	6:45:00	8:00:00	8:25:00	9:25:00	10:20:00	11:10:00
						Total Hours	6:00:00	7:10:00	8:15:00	9:30:00	9:55:00	10:55:00	11:50:00	12:40:00

Conditioning/Over Distance															
					Workout & Zone	Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	
6/1/20	6/29/20	7/27/20	8/24/20	Monday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:20:00	0:25:00	0:30:00	0:35:00	0:35:00	0:40:00	0:45:00	0:45:00	
6/2/20	6/30/20	7/28/20	8/25/20	Tuesday	Active Recovery <60% of Max	Running	0:30:00	0:35:00	0:45:00	0:50:00	0:55:00	1:00:00	1:05:00	1:10:00	
					<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	
6/3/20	7/1/20	7/29/20	8/26/20	Wednesday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:00:00	1:15:00	1:30:00	1:45:00	1:55:00	2:05:00	2:20:00	2:25:00	
6/4/20	7/2/20	7/30/20	8/27/20	Thursday	Active Recovery <60% of Max	Running	0:20:00	0:25:00	0:30:00	0:35:00	0:35:00	0:40:00	0:45:00	0:45:00	
					<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	
6/5/20	7/3/20	7/31/20	8/28/20	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:55:00	1:10:00	1:20:00	1:35:00	1:40:00	1:50:00	2:05:00	2:10:00	
6/6/20	7/4/20	8/1/20	8/29/20	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:30:00	1:50:00	2:15:00	2:40:00	2:45:00	3:05:00	3:25:00	3:35:00	
6/7/20	7/5/20	8/2/20	8/30/20	Sunday	Active Recovery <60% of Max	Your Choice	0:50:00	1:00:00	1:10:00	1:25:00	1:30:00	1:40:00	1:50:00	1:55:00	
							Strength/Yoga	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	
							Aerobic Hours	5:05:00	6:15:00	7:30:00	8:50:00	9:20:00	10:20:00	11:30:00	12:00:00
							Total Hours	6:35:00	7:45:00	9:00:00	10:20:00	10:50:00	11:50:00	13:00:00	13:30:00

Recovery															
					Workout & Zone	Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	
6/8/20	7/6/20	8/3/20	8/31/20	Monday	Off										
6/9/20	7/7/20	8/4/20	9/1/20	Tuesday	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	
					<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	
6/10/20	7/8/20	8/5/20	9/2/20	Wednesday	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	
6/11/20	7/9/20	8/6/20	9/3/20	Thursday	Active Recovery <60% of Max	Running, etc.	0:05:00	0:10:00	0:10:00	0:15:00	0:15:00	0:25:00	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	
6/12/20	7/10/20	8/7/20	9/4/20	Friday	Active Recovery <60% of Max	Rollerski/bike/swim	0:25:00	0:35:00	0:45:00	0:55:00	1:00:00	1:05:00	1:15:00	1:20:00	
6/13/20	7/11/20	8/8/20	9/5/20	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	
6/14/20	7/12/20	8/9/20	9/6/20	Sunday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:40:00	0:55:00	1:05:00	1:20:00	1:25:00	1:35:00	1:50:00	1:55:00	
							Strength/Yoga	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	
							Aerobic Hours	1:55:00	2:40:00	3:15:00	4:00:00	4:15:00	4:50:00	5:25:00	5:40:00
							Total Hours	3:25:00	4:10:00	4:45:00	5:30:00	5:45:00	6:20:00	6:55:00	7:10:00