

BLOCK 1

Conditioning/Over Distance			250:00:00	300:00:00	350:00:00	400:00:00	420:00:00	460:00:00	500:00:00	529:00:00	550:00:00	600:00:00	
Week 1	Workout & Zone	Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper	
5/2/22	Monday	Off											
5/3/22	Tuesday	Active Recovery <60% of Max	Running	0:15:00	0:15:00	0:20:00	0:25:00	0:25:00	0:30:00	0:35:00	0:35:00	0:40:00	0:40:00
		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
5/4/22	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	0:30:00	0:40:00	0:45:00	0:55:00	1:00:00	1:10:00	1:15:00	1:20:00	1:25:00	1:35:00
5/5/22	Thursday	Active Recovery <60% of Max	Running	0:10:00	0:10:00	0:15:00	0:15:00	0:20:00	0:20:00	0:25:00	0:25:00	0:25:00	0:30:00
		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
5/6/22	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:25:00	0:30:00	0:40:00	0:50:00	0:50:00	0:55:00	1:05:00	1:10:00	1:10:00	1:20:00
5/7/22	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	0:45:00	1:00:00	1:20:00	1:35:00	1:40:00	1:50:00	2:05:00	2:15:00	2:20:00	2:35:00
5/8/22	Sunday	Active Recovery <60% of Max	Your Choice	0:20:00	0:30:00	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	2:25:00	3:05:00	3:55:00	4:40:00	5:00:00	5:35:00	6:20:00	6:45:00	7:05:00	7:50:00
			Total Hours	3:55:00	4:35:00	5:25:00	6:10:00	6:30:00	7:05:00	7:50:00	8:15:00	8:35:00	9:20:00

Conditioning/Over Distance			250:00:00	300:00:00	350:00:00	400:00:00	420:00:00	460:00:00	500:00:00	529:00:00	550:00:00	600:00:00	
Week 1	Workout & Zone	Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper	
5/9/22	Monday	Off											
5/10/22	Tuesday	Active Recovery <60% of Max	Running	0:15:00	0:20:00	0:25:00	0:30:00	0:35:00	0:35:00	0:40:00	0:45:00	0:45:00	0:50:00
		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
5/11/22	Wednesday	Over Distance 60-70% of Max	Run, rollerski or whatever team is doing	0:35:00	0:45:00	1:00:00	1:10:00	1:15:00	1:20:00	1:30:00	1:35:00	1:40:00	1:50:00
5/12/22	Thursday	Active Recovery <60% of Max	Running	0:10:00	0:15:00	0:15:00	0:20:00	0:20:00	0:25:00	0:25:00	0:30:00	0:30:00	0:35:00
		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
5/13/22	Friday	Over Distance 60-70% of Max	Rollerski/bike/swim	0:30:00	0:40:00	0:50:00	1:00:00	1:00:00	1:10:00	1:15:00	1:20:00	1:25:00	1:35:00
5/14/22	Saturday	Over Distance 60-70% of Max	Run, bike, swim, hike or whatever you want	1:00:00	1:20:00	1:35:00	1:55:00	2:00:00	2:15:00	2:30:00	2:40:00	2:45:00	3:05:00
5/15/22	Sunday	Active Recovery <60% of Max	Your Choice	0:25:00	0:35:00	0:45:00	0:50:00	0:55:00	1:00:00	1:10:00	1:15:00	1:15:00	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	1:30:00	1:30:00
			Aerobic Hours	2:55:00	3:55:00	4:50:00	5:45:00	6:05:00	6:45:00	7:30:00	8:05:00	8:20:00	9:20:00
			Total Hours	4:25:00	5:25:00	6:20:00	7:15:00	7:35:00	8:15:00	9:00:00	9:35:00	9:50:00	10:50:00

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

Recovery													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
5/23/22	Monday	Off											
5/24/22	Tuesday	Active Recovery <60% of Max	Stretch, roll, massage, yoga	0:05:00	0:10:00	0:10:00	0:10:00	0:15:00	0:15:00	0:15:00	0:15:00	0:20:00	0:20:00
		<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
5/25/22	Wednesday	Active Recovery <60% of Max	Run, rollerski or whatever team is doing	0:30:00	0:40:00	0:50:00	0:55:00	1:00:00	1:05:00	1:15:00	1:20:00	1:25:00	1:30:00
5/26/22	Thursday	Dynamic Warmup	Running, etc.	0:05:00	0:10:00	0:10:00	0:10:00	0:15:00	0:15:00	0:15:00	0:15:00	0:20:00	0:20:00
		<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
5/27/22	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
5/28/22	Saturday	Active Recovery <60% of Max	Rollerski/bike/swim	0:45:00	0:55:00	1:10:00	1:20:00	1:25:00	1:35:00	1:45:00	1:55:00	2:00:00	2:10:00
5/29/22	Sunday	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	0:45:00	0:50:00	0:55:00	0:55:00	1:00:00	1:05:00
			Strength/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
			Aerobic Hours	1:45:00	2:25:00	2:55:00	3:15:00	3:40:00	4:00:00	4:25:00	4:40:00	5:05:00	5:25:00
			Total Hours	2:30:00	3:10:00	3:40:00	4:00:00	4:25:00	4:45:00	5:10:00	5:25:00	5:50:00	6:10:00

BLOCK 2

Conditioning/Over Distance			Suggested Activity										Viper
Week 1	Workout & Zone		Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
5/30/22	Monday	Off											
5/31/22	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
		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
6/1/22	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
6/2/22	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
		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
6/3/22	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
6/4/22	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
6/5/22	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										Viper
	Workout & Zone		Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
6/6/22	Monday	Off											
6/7/22	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
		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
6/8/22	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
6/9/22	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
		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
6/10/22	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
6/11/22	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
6/12/22	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
6/13/22	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
6/14/22	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
6/15/22	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
6/16/22	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
6/17/22	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
6/18/22	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
6/19/22	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
6/20/22	Monday	Off											
6/21/22	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
6/22/22	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
6/23/22	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
6/24/22	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
6/25/22	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
6/26/22	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

BLOCK 3

Conditioning/Over Distance			Suggested Activity										Viper
Week 1	Workout & Zone		Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
6/27/22	Monday	Off											
6/28/22	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
6/29/22	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
6/30/22	Thursday	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
		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
7/1/22	Friday	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
7/2/22	Saturday	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
7/3/22	Sunday	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
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				2:45:00	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
Total Hours				4:15:00	6:55:00	8:05:00	9:10:00	9:40:00	10:30:00	11:25:00	12:05:00	12:40:00	13:40:00

Conditioning/Over Distance			Suggested Activity										Viper
Week 1	Workout & Zone		Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
7/4/22	Monday	Off											
7/5/22	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
7/6/22	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
7/7/22	Thursday	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
		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
7/8/22	Friday	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
7/9/22	Saturday	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
7/10/22	Sunday	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
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	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
Total Hours				4:25:00	8:05:00	9:20:00	10:40:00	11:05:00	12:20:00	13:20:00	14:10:00	14:40:00	16:00:00

Conditioning/Over Distance													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
7/11/22	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
7/12/22	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
7/13/22	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
7/14/22	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
7/15/22	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
7/16/22	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
7/17/22	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
			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	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
			Total Hours	7:30:00	9:20:00	10:45:00	12:15:00	12:45:00	14:10:00	15:15:00	16:15:00	16:40:00	18:10:00

Recovery													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
7/18/22	Monday	Off											
7/19/22	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
7/20/22	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
7/21/22	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
7/22/22	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
7/23/22	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
7/24/22	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
			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	1:40:00	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
			Total Hours	3:10:00	3:45:00	4:35:00	5:15:00	5:45:00	6:20:00	6:50:00	7:20:00	7:40:00	8:30:00

BLOCK 4

Conditioning/Over Distance			Suggested Activity										Viper
Week 1	Workout & Zone		Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
7/25/22	Monday	Off											
7/26/22	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
7/27/22	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
7/28/22	Thursday	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
		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
7/29/22	Friday	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
7/30/22	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
7/31/22	Sunday	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
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	5:50:00	7:05:00	8:20:00	8:45:00	9:50:00	10:50:00	11:20:00	12:00:00	13:10:00
Total Hours				4:25:00	7:20:00	8:35:00	9:50:00	10:15:00	11:20:00	12:20:00	12:50:00	13:30:00	14:40:00

Conditioning/Over Distance			Suggested Activity										Viper
Week 1	Workout & Zone		Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
8/1/22	Monday	Off											
8/2/22	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
8/3/22	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
8/4/22	Thursday	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
		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
8/5/22	Friday	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
8/6/22	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
8/7/22	Sunday	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
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	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
Total Hours				4:25:00	8:35:00	9:55:00	11:25:00	12:00:00	13:10:00	14:20:00	15:10:00	15:40:00	17:10:00

Conditioning/Over Distance													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
8/8/22	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
8/9/22	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
8/10/22	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
8/11/22	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
8/12/22	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
8/13/22	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
8/14/22	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
			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	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
			Total Hours	8:15:00	9:50:00	11:25:00	13:05:00	13:45:00	15:10:00	16:20:00	17:10:00	18:05:00	19:40:00

Recovery													
Workout & Zone			Suggested Activity	Banana	Cayenne	Tabasco	Jalapeno	Thai	Rocoto	Habanero	Ghost	Naga	Viper
8/15/22	Monday	Off											
8/16/22	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
8/17/22	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
8/18/22	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
8/19/22	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
8/20/22	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
8/21/22	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
			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	1:50:00	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
			Total Hours	3:20:00	4:00:00	4:55:00	5:50:00	6:10:00	6:45:00	7:25:00	7:50:00	8:10:00	9:05:00