

Date	Workout Type	Description	Duration	Rating	Rest	% of Max	Heart Rate (200Max)	Heart Rate (180Max)
WEEK 3/29								
Monday	Trans.	Oxygen Transport	5 X 3 min	28-30	3'	90-95%	180-190	162-171
Tuesday	Util 1	Oxygen Utilization 1	60 minutes	18-20 spm	none	65-70%	130-140	117-126
Wednesday	AT	Aerobic Threshold	2 X 15 minutes	22-24 spm	6'	85-90%	170-180	153-162
Thursday	Util 2	Oxygen Utilization 1	60 minutes	18-20 spm	none	65-70%	130-140	117-126
Friday	Lac.	Lactate Tolerance	4 x 500M	32 - max	5'	100%	200+	180+
Saturday	Util 1	Oxygen Utilization 1	70 min - drills Square Blades Pause drills, etc.	18-20 spm	none	65-70%	130-140	117-126
Sunday	Util 1	Oxygen Utilization 1	75 minutes	18-20 spm	none	65-70%	130-140	117-126
WEEK 4/5								
Monday	Trans.	Oxygen Transport	4 x 7 min (3'+2'+1'+1')	24-26-28-30	5'	90-95%	180-190	162-171
Tuesday	Util 1	Oxygen Utilization 1	60 minutes	18-20 spm	none	65-70%	130-140	117-126
Wednesday	AT	Aerobic Threshold	3 X 12 minutes	24-26 spm	5'	85-90%	170-180	153-162
Thursday	Util 2	Oxygen Utilization 2	60 minutes	20-22 spm	none	75-80%	150-160	135-144
Friday	Lac.	Lactate Tolerance	1 X 1000M and 3 X 500M	32 - max	4'	100%	200+	180+
Saturday	Util 1	Oxygen Utilization 1	70 min @ 18-20, 15 strokes @32 every 5'	18 & 32 spm	none	65 & 85%	130 & 170	117 & 153
Sunday	Util 1	Oxygen Utilization 1	75 minutes	18-20 spm	none	65-70%	130-140	117-126
WEEK 4/12								
Monday	Trans.	Oxygen Transport	7 X 2 min	28-30	3'	90-95%	180-190	162-171
Tuesday	Util 1	Oxygen Utilization 1	60 minutes	18-20 spm	none	65-70%	130-140	117-126
Wednesday	AT	Aerobic Threshold	3 X 12 minutes	22-24 spm	6'	85-90%	170-180	153-162
Thursday	Util 2	Oxygen Utilization 2	60 minutes	20-22 spm	none	75-80%	150-160	135-144
Friday	Lac.	Lactate Tolerance	2 X 1000 M and 2 X 500M	32 - max	4'	100%	200+	180+
Saturday	Util 1	Oxygen Utilization 1	70 min - drills Square Blades Pause drills, etc.	18-20 spm	none	65-70%	130-140	117-126
Sunday	Util 1	Oxygen Utilization 1	75 minutes	18-20 spm	none	65-70%	130-140	117-126
WEEK 4/19								
Monday	Trans.	Oxygen Transport	3 x 10 min (4'+3'+2'+1')	22-24-26-28	6'	90-95%	180-190	162-171
Tuesday	Util 1	Oxygen Utilization 1	60 minutes	18-20 spm	none	65-70%	130-140	117-126
Wednesday	Lac.	Lactate Tolerance	Spring Trial Series - 4 X 1000 M	32-max	5'	100%	200+	180+
Thursday	Util 2	Oxygen Utilization 1	60 minutes	18-20 spm	none	65-70%	130-140	117-126
Friday	AT	Aerobic Threshold	3 X 13 minutes	24-26 spm	5'	85-90%	170-180	153-162
Saturday	Util 1	Oxygen Utilization 1	70 min @ 18-20, 15 strokes @32 every 5'	18 & 32 spm	none	65 & 85%	130 & 170	117 & 153
Sunday	Util 1	Oxygen Utilization 1	75 minutes	18-20 spm	none	65-70%	130-140	117-126
WEEK 4/26								
Monday	Trans.	Oxygen Transport	5 X 3 min	28-30	3'	90-95%	180-190	162-171
Tuesday	Util 1	Oxygen Utilization 1	60 minutes	18-20 spm	none	65-70%	130-140	117-126
Wednesday	Lac.	Lactate Tolerance	Spring Trial Series - 4 X 1000 M	32-max	5'	100%	200+	180+
Thursday	Util 2	Oxygen Utilization 2	60 minutes	20-22 spm	none	75-80%	150-160	135-144
Friday	AT	Aerobic Threshold	2 X 20 minutes	24-26 spm	6'	85-90%	170-180	153-162
Saturday	Util 1	Oxygen Utilization 1	70 min - drills Square Blades Pause drills, etc.	18-20 spm	none	65-70%	130-140	117-126
Sunday	Util 1	Oxygen Utilization 1	75 minutes	18-20 spm	none	65-70%	130-140	117-126