MARCH 2010 WORKOUT

Date	Workout Type	Description	Duration	Rating	Rest	% of Max	Heart Rate (200Max)	Heart Rate (180Max)	
WEEK 3/1									
Monday	Util 1	Oxygen Utilization 1	60 minutes	18-20 spm	none	65-70%	130-140	117-126	
Tuesday	Trans.	Oxygen Transport	3 x 10 min (4'+3'+2'+1') inc. 2 spm in 2nd piece	22-24-26-28	6'	90-95%	180-190	162-171	
Wednesday	AT	Anerobic Threshold	2 X 15 minutes	22-24 spm	7'	85-90%	170-180	153-162	
Thursday	Util 2	Oxygen Utilization 2	60 minutes	20-22 spm	none	70-75%	140-150	126-135	
Friday	Lac.	Lactate Tolerance	4 x 500M NOT AT MAX!	28-30 spm	8 min	90%	180	162	
Saturday	Util 1	Oxygen Utilization 1	60 min @ 18-20, 15 strokes @32 every 5'	18 & 30 spm	none	65 & 85%	130 & 170	117 & 153	
Sunday	Util 1	Oxygen Utilization 1	60 minutes or Day Off	18-20 spm	none	65-70%	130-140	117-126	
WEEK 3/8									
Monday	Trans.	Oxygen Transport	4 x 7 min (3'+2'+1'+1')	22-24-26	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	AT	Anerobic Threshold	20 minutes	22-24 spm	7'	80-85%	160-170	144-153	
Thursday	Util 2	Oxygen Utilization 2	60 minutes	20-22 spm	none	70-75%	140-150	126-135	
Friday	Lac.	Lactate Tolerance	2 x 1000M NOT AT MAX!	28-30 spm	8 min	90%	180	162	
Saturday	Util 1	Oxygen Utilization 1	60 min @ 18-20, 15 strokes @32 every 5'	18 & 32 spm	none	65 & 85%	130 & 170	117 & 153	
Sunday	Util 1	Oxygen Utilization 1	60 minutes or Day Off	18-20 spm	none	65-70%	130-140	117-126	
WEEK 3/15									
Monday	Trans.	Oxygen Transport	3 x 10 min (4'+3'+2'+1') inc. 2 spm in 2nd piece	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	AT	Anerobic Threshold	2 X 15 minutes	22-24 spm	7'	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 2000M, 1 x 1000M NOT AT MAX!	28-30 spm	8 min	90%	180	162	
Saturday	Util 1	Oxygen Utilization 1	60 min @ 18-20, 15 strokes @32 every 5'	18 & 30 spm	none	65 & 85%	130 & 170	117 & 153	
Sunday	Util 1	Oxygen Utilization 1	60 minutes or Day Off	18-20 spm	none	65-70%	130-140	117-126	
WEEK 3/22									
Monday	Trans.	Oxygen Transport	4 x 7 min (3'+2'+1'+1')	26-28-30	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	AT	Anerobic Threshold	2 X 20 minutes	24-26 spm	7'	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	4 X 500 M	32-max	8 min	100%	200+	180+	
Saturday	Util 1	Oxygen Utilization 1	60 min @ 18-20, 15 strokes @32 every 5'	18 & 32 spm	none	65 & 85%	130 & 170	117 & 153	
Sunday	Util 1	Oxygen Utilization 1	60 minutes or Day Off	18-20 spm	none	65-70%	130-140	117-126	