MAY 2010 WORKOUTS

Date	Workout Type	Description	Duration	Rating	Rest	% of Max	Heart Rate (200Max)	Heart Rate (180Max)	
WEEK 5/3									
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 (practice starts after)	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 (practice starts after)	18-20 spm	none	65-70%	130-140	117-126	
Wednesday	AT	Anerobic 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	
WEEK 5/10									
Monday	Trans.	Oxygen Transport	7 X 3 min	28-30	3'	90-95%	180-190	162-171	
Tuesday	Util 1	Oxygen Utilization 1	60 minutes (practice starts after)	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 (practice starts after)	20-22 spm	none	75-80%	150-160	135-144	
Friday	AT	Anerobic Threshold	3 X15 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 5/17									
Monday	Trans.	Oxygen Transport	9 X 2 min	26-28	3'	90-95%	180-190	162-171	
Tuesday	Util 1	Oxygen Utilization 1	60 minutes (practice starts after)	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 (practice starts after)	20-22 spm	none	75-80%	150-160	135-144	
Wednesday	AT	Anerobic 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	
WEEK 5/24									
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 (practice starts after)	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 (practice starts after)	18-20 spm	none	65-70%	130-140	117-126	
Friday	AT	Anerobic Threshold	3 X15 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	