

October Workout 2008

		<b>Workout Type</b>	<b>Description</b>	<b>Duration</b>	<b>Rating</b>	<b>Rest</b>	<b>% of Max</b>	<b>Heart Rate (200 max)</b>	<b>Heart Rate (180 max)</b>
29-Sep	Monday	Util 1	Oxygen Utilization 1	60 minutes or day off	18-20 spm	none	65-70%	130-140	117-126
30-Sep	Tuesday	Util 2	Oxygen Utilization 2	3 x 18 minutes (6 min 18, 6 min 20, 6 min 18, 3 times)	18 + 20 spm	2 min	75-80%	150-160	135-144
1-Oct	Wednesday	AT	Anerobic Threshold	3 x 12 minutes	24-26 spm	6 min	85-90%	170-180	153-162
2-Oct	Thursday	Util 2	Oxygen Utilization 2	70 minutes	20-22 spm	none	75-80%	150-160	135-144
3-Oct	Friday	Util 1	Oxygen Utilization 1	60 minutes	18-20 spm	none	65-70%	130-140	117-126
4-Oct	Saturday	Lac.	Lactate Tolerance	5K Time Trial	30-max spm	none	100%	200+	180+
5-Oct	Sunday	Util 1	Oxygen Utilization 1	75 minutes	18-20 spm	none	65-70%	130-140	117-126
6-Oct	Monday	Trans.	Oxygen Transport	4 x 7 min (3'+2'+1'+1')	22-24-26-28	6 min	90-95%	180-190	162-171
7-Oct	Tuesday	Util 1	Oxygen Utilization 1	60 minutes or day off	18-20 spm	none	65-70%	130-140	117-126
8-Oct	Wednesday	AT	Anerobic Threshold	2 x 18 minutes	24-26 spm	7 min	85-90%	170-180	153-162
9-Oct	Thursday	Util 2	Oxygen Utilization 2	3 x 18 minutes (6 min 18, 6 min 20, 6 min 18, 3 times)	18 + 20 spm	2 min	75-80%	150-160	135-144
10-Oct	Friday	Util 1	Oxygen Utilization 1	50 minutes	18-20 spm	none	65-70%	130-140	117-126
11-Oct	Saturday	Lac.	Lactate Tolerance	5K Time Trial	32-max spm	none	100%	200+	180+
12-Oct	Sunday	Util 1	Oxygen Utilization 1	60 minutes or day off	18-20 spm	none	65-70%	130-140	117-126
13-Oct	Monday	Trans.	Oxygen Transport	6 x 2 min.(long warm up & long cool down)	28-30 spm	3 min	90-95%	180-190	162-171
14-Oct	Tuesday	Util 2	Oxygen Utilization 2	3 x 18 minutes (6 min 18, 6 min 20, 6 min 18, 3 times)	18 + 20 spm	2 min	75-80%	150-160	135-144
15-Oct	Wednesday	Util 1	Oxygen Utilization 1	60 minutes	18-20 spm	none	65-70%	130-140	117-126
16-Oct	Thursday	Util 1	Oxygen Utilization 1	50 minutes or day off	18-20 spm	none	65-70%	130-140	117-126
17-Oct	Friday	Util 1	Oxygen Utilization 1	50 minutes easy on race course	18-20 spm	none	65-70%	130-140	117-126
18-Oct	Saturday	Lac.	Lactate Tolerance	Head of the Charles	32-max spm	none	100%	200+	180+
19-Oct	Sunday	Lac.	Lactate Tolerance	Head of the Charles	32-max spm	none	100%	200+	180+
20-Oct	Monday	Util 1	Oxygen Utilization 1	60 minutes low or day off	18-20 spm	none	65-70%	130-140	117-126
21-Oct	Tuesday	Trans.	Oxygen Transport	6 x 2 min.(long warm up & long cool down)	28-30 spm	3 min	90-95%	180-190	162-171
22-Oct	Wednesday	Util 2	Oxygen Utilization 2	3 x 18 minutes (6 min 18, 6 min 20, 6 min 18, 3 times)	18 + 20 spm	2 min	75-80%	150-160	135-144
23-Oct	Thursday	Util 1	Oxygen Utilization 1	60 minutes	18-20 spm	none	65-70%	130-140	117-126
24-Oct	Friday	Util 1	Oxygen Utilization 1	50 minutes	18-20 spm	none	65-70%	130-140	117-126
25-Oct	Saturday	Lac.	Lactate Tolerance	Head of the Fish	32-max spm	none	100%	200+	180+
26-Oct	Sunday	Lac.	Lactate Tolerance	Head of the Fish	32-max spm	none	100%	200+	180+

