

Date	Day	Workout Type	Description	Duration	Rating	Rest	% of Max	Heart Rate (200 max)	Heart Rate (180 max)
2/26/2024	Monday	Trans.	Oxygen Transport	14 x 1 minute	30-32 spm	1 min	90-95%	180-190	162-171
2/27/2024	Wednesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
2/28/2024	Wednesday	AT	Anerobic Threshold	3 X 12 minutes	26-28 spm	5 min	85-90%	170-180	153-162
2/29/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/1/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/2/2024	Saturday	Lac.	Lactate Tolerance	1 x 2500M, 3 x 250M	32-max spm	none	100%	190-200	175-180
3/3/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/4/2024	Monday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/5/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/6/2024	Wednesday	AT	Anerobic Threshold	3 X 12 minutes	26-28 spm	5 min	85-90%	170-180	153-162
3/7/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/8/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/9/2024	Saturday	Lac.	Lactate Tolerance	5 x 250M	38-max spm	none	100%	190-200	175-180
3/10/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/11/2024	Monday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/12/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/13/2024	Wednesday			OFF					
3/14/2024	Thursday	Util 2	Oxygen Utilization 2	50 Minute Steady + high 20's	18-20 spm	none	65-70%	130-140	117-126
3/15/2024	Friday	Util 2	Oxygen Utilization 2	50 Minute Steady + high 20's	18-20 spm	none	65-70%	130-140	117-126
3/16/2024	Saturday	Lac.	Lactate Tolerance	RACE AMS 1 x 2500M, 1 x 250M	32-max spm	none	100%	190-200	175-180
3/17/2024	Sunday	Lac.	Lactate Tolerance	RACE AMS 1 x 5000M	32-max spm	none	100%	190-200	175-180
3/18/2024	Monday			OFF					
3/19/2024	Tuesday			OFF					
3/20/2024	Wednesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/21/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/22/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/23/2024	Saturday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/24/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/25/2024	Monday	Trans.	Oxygen Transport	5 x 2 min.(long warm up & long cool down)	30-32 spm	3 min	90-95%	180-190	162-171
3/26/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/27/2024	Wednesday	AT	Anerobic Threshold	10'- 7'-5'-3'-3' minutes	20, 22,24,26,28 spm	3 min	85-90%	170-180	153-162

3/28/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126
3/29/2024	Friday	Util 2	Oxygen Utilization 2	60 minutes	18-20 spm	none	65-70%	130-140	117-126
3/30/2024	Saturday	Lac.	Lactate Tolerance	4 x 500M	32-max spm	3 min	100%	190-200	175-180
3/31/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	130-140	117-126

Lifting is Monday, Wednesday and Saturday Evening

Upper Body Exercises

- Military Press
- Curls
- Tricep Extension
- Bench Press
- Bench Pull
- Lat Pull Down
- Sit Up
- Back Extension
- Leg Lifts
- Dips
- Pull Ups

Lower Body Exercises

- Cleans
- Dead Lift
- Leg Extension
- Squats
- Hamstring on exercise ball
- One Leg Pistol Squats
- Calf
- Jumpies
- Lunges
- Sit Ups
- Leg Lifts