

Date	Day	Workout Type	Description	Duration	Rating	Rest	Effort %	Heart Rate
4/1/2024	Monday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/2/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/3/2024	Wednesday	Util 2	Oxygen Utilization 2	30 minutes, high 20's, Starts	18-20 spm	none	65-70%	134-138
4/4/2024	Thursday			OFF				
4/5/2024	Friday	Util 2	Oxygen Utilization 2	30 minutes, high 20's, Starts	18-20 spm	none	65-70%	134-138
4/6/2024	Saturday	Lac.	Lactate Tolerance	Racing SDCC	34-max spm	none	100%	180+
4/7/2024	Sunday	Lac.	Lactate Tolerance	Racing SDCC	34-max spm	none	100%	180+
4/8/2024	Monday			OFF				
4/9/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/10/2024	Wednesday	AT	Aerobic Threshold	3 X 12 minutes	26-28 spm	5 min	85-90%	150-155
4/11/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/12/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/13/2024	Saturday	Lac.	Lactate Tolerance	3 x 500M, 1 x 750M long warm up, long cool down	32-max	5 min	100%	180+
4/14/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/15/2024	Monday	Trans.	Oxygen Transport	20 minute warm up & 7 x 2 min	26-28 spm	3 min	90-95%	162-170
4/16/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/17/2024	Wednesday	AT	Aerobic Threshold	2 X 17 minutes	24-26 spm	6 min	85-90%	153-162
4/18/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/19/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/20/2024	Saturday	Lac.	Lactate Tolerance	1 x 500M, 1 x 1000M, 1x500M	32-max	5 min	100%	180+
4/21/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/22/2024	Monday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/23/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/24/2024	Wednesday	AT	Aerobic Threshold	3 X 12 minutes	24-26 spm	6 min	85-90%	153-162
4/25/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/26/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
4/27/2024	Saturday	Lac.	Lactate Tolerance	1 x 500M, 2 x 1000M, 1x500M	32-max	5 min	100%	180+
4/28/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138