

Date	Day	Workout Type	Description	Duration	Rating	Rest	Effort %	Heart Rate
7/1/2024	Monday			Off				
7/2/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/3/2024	Wednesday	AT	Aerobic Threshold	3 X 13 minutes	26-28 spm	5 min	85-90%	153-162
7/4/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/5/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/6/2024	Saturday	Lac.	Lactate Tolerance	4 x 1000M	32-max	5 min	100%	180+
7/7/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/8/2024	Monday	Trans.	Oxygen Transport	9 x 2 min	26-28 spm	2 min	90-95%	162-170
7/9/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/10/2024	Wednesday	AT	Aerobic Threshold	2 X 20 minutes	26-28 spm	5 min	85-90%	150-155
7/11/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/12/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/13/2024	Saturday	Lac.	Lactate Tolerance	Race - CBC invitational	32-max	5 min	100%	180+
7/14/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/15/2024	Monday	Trans.	Oxygen Transport	15 X 1 minutes	28-30 spm	1 min	90-95%	162-170
7/16/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/17/2024	Wednesday	AT	Aerobic Threshold	3 X 13 minutes	26-28 spm	4 min	85-90%	153-162
7/18/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/19/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/20/2024	Saturday	Lac.	Lactate Tolerance	3 x 1000M	32-max	5 min	100%	180+
7/21/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/22/2024	Monday	Trans.	Oxygen Transport	3 x 7 min. (3min,2 min,1 min,1 min)	24, 26, 28, 30 spm	3 min	90-95%	162-170
7/23/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/24/2024	Wednesday	AT	Aerobic Threshold	2 X 20 minutes	26-28 spm	5 min	85-90%	153-162
7/25/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/26/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/27/2024	Saturday	Lac.	Lactate Tolerance	Race - Sweeps and Sculls	32-max	5 min	100%	180+
7/28/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/29/2024	Monday	Trans.	Oxygen Transport	12 x 90 seconds	28-30 spm	2 min	90-95%	162-170
7/30/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/31/2024	Wednesday	AT	Aerobic Threshold	3 X 13 minutes	26-28 spm	4 min	85-90%	153-162
8/1/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
8/2/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
8/3/2024	Saturday	Lac.	Lactate Tolerance	HOTS	32-max	5 min	100%	180+
8/4/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139