

Date	Day	Workout Type	Description	Duration	Rating	Rest	Effort %	Heart Rate
9/30/2024	Monday	Trans.	Oxygen Transport	14 x 1 minute (long break at 8)	28-30 spm	1 min	90-95%	162-170
10/1/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
10/2/2024	Wednesday	AT	Aerobic Threshold	3 X 13 minutes	26-28 spm	5 min	85-90%	153-162
10/3/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
10/4/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
10/5/2024	Saturday	Lac.	Lactate Tolerance	HOTS	32-max	5 min	100%	180+
10/6/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes Skills and Drills	18-20 spm	none	65-70%	136-139

10/7/2024	Monday	Trans.	Oxygen Transport	14 x 1 minute (long break at 8)	28-30 spm	1 min	90-95%	162-170
10/8/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
10/9/2024	Wednesday	AT	Aerobic Threshold	2 X (7'+5'+3'+3') minutes	23-25-27-29 spm	5 min	85-90%	150-155
10/10/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
10/11/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
10/12/2024	Saturday	Lac.	Lactate Tolerance	Head of the Kevin	32-max	5 min	100%	180+
10/13/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes Skills and Drills	18-20 spm	none	65-70%	136-139

10/14/2024	Monday	Trans.	Oxygen Transport	5 x 2 min.(long warm up & long cool down)	30-32 spm	1 min	90-95%	162-170
10/15/2024	Tuesday	Util 2	Oxygen Utilization 2	50 minutes	18-20 spm	none	65-70%	136-139
10/16/2024	Wednesday			OFF				
10/17/2024	Thursday	Util 2	Oxygen Utilization 2	50 minutes with 4 20 stroke bursts	18-20 spm	none	65-70%	136-139
10/18/2024	Friday	Util 2	Lactate Tolerance	Head of the Charles	32-max	5 min	100%	180+
10/19/2024	Saturday	Lac.	Lactate Tolerance	Head of the Charles	32-max	5 min	100%	180+
10/20/2024	Sunday	Util 2	Lactate Tolerance	Head of the Charles	32-max	5 min	100%	180+

10/21/2024	Monday	Trans.	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
10/22/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
10/23/2024	Wednesday	AT	Aerobic Threshold	3 X 13 minutes	26-28 spm	5 min	85-90%	153-162
10/24/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
10/25/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
10/26/2024	Saturday	Lac.	Lactate Tolerance	Head of the Fish	32-max	5 min	100%	180+
10/27/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139