

Date	Day	Workout Type	Description	Duration	Rating	Rest	Effort %	Heart Rate
9/2/2024	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
9/3/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
9/4/2024	Wednesday	AT	Aerobic Threshold	3 X 13 minutes	26-28 spm	5 min	85-90%	153-162
9/5/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
9/6/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
9/7/2024	Saturday	Lac.	Lactate Tolerance	HOTS	32-max	5 min	100%	180+
9/8/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes Skills and Drills	18-20 spm	none	65-70%	136-139
9/9/2024	Monday	Trans.	Oxygen Transport	16 x 1 minute (long break at 9)	28-30 spm	90 sec	90-95%	162-170
9/10/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
9/11/2024	Wednesday	AT	Aerobic Threshold	2 X (7'+5'+3'+3') minutes	23-25-27-29 spm	5 min	85-90%	150-155
9/12/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
9/13/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
9/14/2024	Saturday	Lac.	Lactate Tolerance	HOTS	32-max	5 min	100%	180+
9/15/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes Skills and Drills	18-20 spm	none	65-70%	136-139
9/16/2024	Monday	Trans.	Oxygen Transport	7 x 2 minutes	30-32 spm	1 min	90-95%	162-170
9/17/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
9/18/2024	Wednesday	AT	Aerobic Threshold	3 X 13 minutes	26-28 spm	4 min	85-90%	153-162
9/19/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
9/20/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
9/21/2024	Saturday	Lac.	Lactate Tolerance	CRI Fall Classic	32-max	5 min	100%	180+
9/22/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
9/23/2024	Monday	Trans.	Oxygen Transport	10 x 90 seconds	28-30 spm	2 min	90-95%	162-170
9/24/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
9/25/2024	Wednesday	AT	Aerobic Threshold	2 X 20 minutes	26-28 spm	5 min	85-90%	153-162
9/26/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
9/27/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
9/28/2024	Saturday	Lac.	Lactate Tolerance	Green Mountain Head	32-max	5 min	100%	180+
9/29/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139