Date	Day	Workout Type	Description	Duration	Rating	Rest	Effort %	Heart Rate
12/2/2024	Monday	Trans.	Oxygen Transport	5 x 2 min.(long warm up & long cool down)	28-30 spm	1 min	90-95%	162-170
12/3/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/4/2024	Wednesday	AT	Anerobic Threshold	10'- 7'-5'-3'-3' minutes	20, 22,24,26,28 spm	3 min	85-90%	153-162
12/5/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/6/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/7/2024	Saturday	Util 2	Oxygen Utilization 2	90 minutes	18-20 spm	none	65-70%	136-139
12/8/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/9/2024	Monday	Trans.	Oxygen Transport	12 x 1 minute	28-30 spm	1 min	90-95%	162-170
12/10/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/11/2024	Wednesday	AT	Anerobic Threshold	2 X (7'+5'+3'+3') minutes	23-25-27-29 spm	5 min	85-90%	150-155
12/12/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/13/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/14/2024	Saturday	Lac.	Lactate Tolerance	1 x 3000M then long steady	28-30 spm	none	95%	170-175
12/15/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes Skills and Drills	18-20 spm	none	65-70%	136-139
12/16/2024	Monday	Trans.	Oxygen Transport	7 x 2 min.(long warm up & long cool down)	28-30 spm	2 min	90-95%	162-170
12/17/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/18/2024	Wednesday	AT	Anerobic Threshold	3 x 12 minutes	23-25-27-29 spm	5 min	85-90%	150-155
12/19/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/20/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/21/2024	Saturday	Lac.	Lactate Tolerance	1 x 3000M then long steady	28-30 spm	none	95%	170-175
12/22/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/23/2024	Monday	Trans.	Oxygen Transport	12 x 90 seconds	28-30 spm	1 min	90-95%	162-170
12/24/2024	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/25/2024	Wednesday	AT	Anerobic Threshold	3 X 13 minutes	26-28 spm	5 min	85-90%	153-162
12/26/2024	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/27/2024	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
12/28/2024	Saturday	Lac.	Lactate Tolerance	1 x 4000M then long steady	28-30 spm	none	95%	170-175
12/29/2024	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139

Lifting is Monday, Wednesday and Saturday Evening								
Upper Body Exercises				Lower Body Excercises				
Military Press				Cleans				
Curls				Dead Lift				
Tricep Extension				Leg Extension				
Bench Press				Squats				
Bench Pull				Hamstring on exercise ball				
Lat Pull Down				One Leg Squats				
Sit Up				Calf				
Back Extension				Jumpies				
Leg Lifts				Lunges				
Dips				Sit Ups				
Pull Ups				Leg Lifts				