

Date	Day	Workout Type	Description	Duration	Rating	Rest	Effort %	Heart Rate
2/24/2025	Monday	Trans.	Oxygen Transport	14 x 1 minute	30-32 spm	1 min	90-95%	166-172
2/25/2025	Wednesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
2/26/2025	Wednesday	AT	Anerobic Threshold	3 X 12 minutes	26-28 spm	5 min	85-90%	150-155
2/27/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
2/28/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/1/2025	Saturday	Lac.	Lactate Tolerance	1 x 2500M, 3 x 250M	32-max spm	none	100%	180+
3/2/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/3/2025	Monday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/4/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/5/2025	Wednesday	AT	Anerobic Threshold	3 X 12 minutes	26-28 spm	5 min	85-90%	150-155
3/6/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/7/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/8/2025	Saturday	Lac.	Lactate Tolerance	5 x 250M	38-max spm	4 min	100%	180+
3/9/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/10/2025	Monday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/11/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/12/2025	Wednesday			OFF				
3/13/2025	Thursday	Util 2	Oxygen Utilization 2	50 Minute Steady + high 20's	18-20 spm	none	65-70%	134-138
3/14/2025	Friday	Util 2	Oxygen Utilization 2	50 Minute Steady + high 20's	18-20 spm	none	65-70%	134-138
3/15/2025	Saturday	Lac.	Lactate Tolerance	RACE AMS 1 x 2500M, 1 x 250M	32-max spm	none	100%	180+
3/16/2025	Sunday	Lac.	Lactate Tolerance	RACE AMS 1 x 5000M	32-max spm	none	100%	180+
3/17/2025	Monday			OFF				
3/18/2025	Tuesday			OFF				
3/19/2025	Wednesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/20/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/21/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/22/2025	Saturday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/23/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/24/2025	Monday	Trans.	Oxygen Transport	5 x 2 min.(long warm up & long cool down)	30-32 spm	3 min	90-95%	166-172
3/25/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/26/2025	Wednesday	AT	Anerobic Threshold	10'- 7'-5'-3'-3' minutes	20, 22,24,26,28 spm	3 min	85-90%	150-155

3/27/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138
3/28/2025	Friday	Util 2	Oxygen Utilization 2	60 minutes	18-20 spm	none	65-70%	134-138
3/29/2025	Saturday	Lac.	Lactate Tolerance	2 x 2000M	32-max spm	3 min	100%	180+
3/30/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	134-138

Lifting is Monday, Wednesday and Saturday Evening**Upper Body Exercises**

Military Press
 Curls
 Tricep Extension
 Bench Press
 Bench Pull
 Lat Pull Down
 Sit Up
 Back Extension
 Leg Lifts
 Dips

Lower Body Exercises

Cleans
 Dead Lift
 Leg Extension
 Squats
 Hamstring on exercise ball
 One Leg Pistol Squats
 Calf
 Jumpies
 Lunges
 Sit Ups
 Leg Lifts