

Date	Day	Workout Type	Description	Duration	Rating	Rest	Effort %	Heart Rate
4/7/2025	Monday	Trans.	Oxygen Transport	15 minute warm up & 10 X 1 minutes	26-28 spm	90 Sec.	90-95%	162-170
4/8/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/9/2025	Wednesday	AT	Aerobic Threshold	2 X 16 minutes	26-28 spm	5 min	85-90%	153-162
4/10/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/11/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/12/2025	Saturday	Lac.	Lactate Tolerance	Long Warm Up, 3 x 500M, Long Cool Down	34-max spm	none	100%	180+
4/13/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/14/2025	Monday	Trans.	Oxygen Transport	15 minute warm up & 8 x 90 Seconds	27-29 spm	1 min	90-95%	162-170
4/15/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/16/2025	Wednesday	AT	Aerobic Threshold	3 X 11 minutes	26-28 spm	5 min	85-90%	150-155
4/17/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/18/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/19/2025	Saturday	Lac.	Lactate Tolerance	Long Warm Up, 3 x 500M, 1 x 750M, Long Cool Down	32-max	5 min	100%	180+
4/20/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/21/2025	Monday	Trans.	Oxygen Transport	20 minute warm up & 7 x 2 min	27-29 spm	2 min	90-95%	166-172
4/22/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/23/2025	Wednesday	AT	Aerobic Threshold	2 X 17 minutes	26-28 spm	5 min	85-90%	153-162
4/24/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/25/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/26/2025	Saturday	Lac.	Lactate Tolerance	1 x 500M, 1 x 1000M, 2 x 500M	32-max	4 min	100%	180+
4/27/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/28/2025	Monday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/29/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
4/30/2025	Wednesday	AT	Aerobic Threshold	3 X 12 minutes	26-28 spm	6 min	85-90%	153-162
5/1/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/2/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/3/2025	Saturday	Lac.	Lactate Tolerance	1 x 500M, 2 x 1000M, 1x500M	32-max	5 min	100%	180+
5/4/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140