

Date	Day	Workout Type	Description	Duration	Rating	Rest	Effort %	Heart Rate
5/5/2025	Monday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/6/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/7/2025	Wednesday	AT	Aerobic Threshold	3 X 12 minutes	26-28 spm	4 min	85-90%	153-162
5/8/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/9/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/10/2025	Saturday	Lac.	Lactate Tolerance	3 x 500M, 1 x 1000M	32-max spm	none	100%	180+
5/11/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/12/2025	Monday	Trans.	Oxygen Transport	7 x 90 Seconds	27-29 spm	1 min	90-95%	162-170
5/13/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/14/2025	Wednesday	AT	Aerobic Threshold	2 X 17 minutes	26-28 spm	5 min	85-90%	153-162
5/15/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/16/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/17/2025	Saturday	Lac.	Lactate Tolerance	2 x 500M, 2 x 1000M	32-max	5 min	100%	180+
5/18/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/19/2025	Monday	Trans.	Oxygen Transport	7 x 2 min	27-29 spm	2 min	90-95%	166-172
5/20/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/21/2025	Wednesday	AT	Aerobic Threshold	2 X 17 minutes	26-28 spm	5 min	85-90%	153-162
5/22/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/23/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/24/2025	Saturday	Lac.	Lactate Tolerance	1 x 500M, 1 x 1000M, 2 x 500M	32-max	4 min	100%	180+
5/25/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/26/2025	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
5/27/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/28/2025	Wednesday	AT	Aerobic Threshold	3 X 12 minutes	26-28 spm	6 min	85-90%	153-162
5/29/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/30/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140
5/31/2025	Saturday	Lac.	Lactate Tolerance	1 x 500M, 2 x 1000M, 1x500M	32-max	5 min	100%	180+
6/1/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-140