

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