

Date	Day	Workout Type	Description	Duration	Rating	Rest	Effort %	Heart Rate
6/30/2025	Monday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/1/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/2/2025	Wednesday	AT	Aerobic Threshold	3 X 14 minutes	26-28 spm	5 min	85-90%	153-162
7/3/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/4/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/5/2025	Saturday	Lac.	Lactate Tolerance	3 x 1000M	32-max	5 min	100%	180+
7/6/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/7/2025	Monday	Trans.	Oxygen Transport	9 x 2 min	26-28 spm	2 min	90-95%	162-170
7/8/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/9/2025	Wednesday	AT	Aerobic Threshold	2 X 20 minutes	26-28 spm	5 min	85-90%	150-155
7/10/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/11/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/12/2025	Saturday	Lac.	Lactate Tolerance	Race - CBC invitational	32-max	5 min	100%	180+
7/13/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/14/2025	Monday	Trans.	Oxygen Transport	15 X 1 minutes	28-30 spm	1 min	90-95%	162-170
7/15/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/16/2025	Wednesday	AT	Aerobic Threshold	3 X 14 minutes	26-28 spm	4 min	85-90%	153-162
7/17/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/18/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/19/2025	Saturday	Lac.	Lactate Tolerance	3 x 1000M	32-max	5 min	100%	180+
7/20/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/21/2025	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
7/22/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/23/2025	Wednesday	AT	Aerobic Threshold	2 X 20 minutes	26-28 spm	5 min	85-90%	153-162
7/24/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/25/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/26/2025	Saturday	Lac.	Lactate Tolerance	3 x 1000M	32-max	5 min	100%	180+
7/27/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/28/2025	Monday	Trans.	Oxygen Transport	12 x 90 seconds	28-30 spm	2 min	90-95%	162-170
7/29/2025	Tuesday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
7/30/2025	Wednesday	AT	Aerobic Threshold	3 X 14 minutes	26-28 spm	4 min	85-90%	153-162
7/31/2025	Thursday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
8/1/2025	Friday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139
8/2/2025	Saturday	Lac.	Lactate Tolerance	HOTS	32-max	5 min	100%	180+
8/3/2025	Sunday	Util 2	Oxygen Utilization 2	70 minutes	18-20 spm	none	65-70%	136-139