

## Training Quadrant 1 3/23/2009 - 05/24/2009

### Rotations 1-2

3/23 - 4/12

Date	Recovery	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai	
Rotation		Rotation								
1		2								
3/23/09	4/13/09	Monday	Off							
3/24/09	4/14/09	Tuesday	Yo-Ski OR Period 1 Strength	Running, etc.	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	
3/25/09	4/15/09	Wednesday	Off							
3/26/09	4/16/09	Thursday	Yo-Ski OR Period 1 Strength	Running, etc.	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	
3/27/09	4/17/09	Friday	Off							
3/28/09	4/18/09	Saturday	Off							
3/29/09	4/19/09	Sunday	LSD	Ski if you can!		0:10:20	0:42:03	1:13:47	1:51:51	
<b>TOTAL HOURS</b>				<b>2:38:37</b>	<b>3:10:20</b>	<b>3:42:03</b>	<b>4:13:47</b>	<b>4:51:51</b>	<b>5:35:37</b>	

Date	Intensity	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
3/30/09	4/20/09	Monday	Off						
3/31/09	4/21/09	Tuesday	Yo-Ski OR Period 1 Strength	Running, etc.	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
4/1/09	4/22/09	Wednesday	LSD	Ski if you can!		0:21:07	0:29:17	0:39:04	0:50:20
4/2/09	4/23/09	Thursday	Yo-Ski OR Period 1 Strength	Running, etc.	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
4/3/09	4/24/09	Friday	Off						
4/4/09	4/25/09	Saturday	Zone 5 Natural Intervals	Rollerski or ski if you can!		0:32:24	0:42:14	0:58:34	1:18:09
4/5/09	4/26/09	Sunday	LSD	Ski if you can!	0:24:00	0:32:24	0:42:14	0:58:34	1:18:09
<b>TOTAL HOURS</b>				<b>3:24:00</b>	<b>4:04:48</b>	<b>4:45:36</b>	<b>5:26:24</b>	<b>6:15:22</b>	<b>7:11:40</b>

Date	Volume	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
4/6/09	4/27/09	Monday	Off						
4/7/09	4/28/09	Tuesday	Yo-Ski OR Period 1 Strength	Running, etc.	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
4/8/09	4/29/09	Wednesday	LSD	Your Choice	0:23:01	0:36:38	0:50:14	1:03:50	1:20:10
4/9/09	4/30/09	Thursday	Yo-Ski OR Period 1 Strength	Running, etc.	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
4/10/09	5/1/09	Friday	Off						
4/11/09	5/2/09	Saturday	LSD	Ski if you can!	0:23:01	0:36:38	0:50:14	1:03:50	1:20:10
4/12/09	5/3/09	Sunday	LSD	Ski if you can!	0:46:03	1:13:15	1:40:28	2:07:40	2:40:19
<b>TOTAL HOURS</b>				<b>4:32:05</b>	<b>5:26:30</b>	<b>6:20:55</b>	<b>7:15:20</b>	<b>8:20:38</b>	<b>9:35:44</b>

## Training Quadrant 1 3/23/2009 - 05/24/2009

### Rotation 3

5/4-6/14

Date	Recovery	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
5/4/09	Monday	Off							
5/5/09	Tuesday	Yo-Ski OR Period 1 Strength	Running, etc.	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
5/6/09	Wednesday	Off							
5/7/09	Thursday	Yo-Ski OR Period 1 Strength	Running, etc.	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
5/8/09	Friday	Off							
5/9/09	Saturday	Off							
5/10/09	Sunday	LSD	Ski if you can!	-0:21:23	0:10:20	0:42:03	1:13:47	1:51:51	2:35:37
<b>TOTAL HOURS</b>				<b>2:38:37</b>	<b>3:10:20</b>	<b>3:42:03</b>	<b>4:13:47</b>	<b>4:51:51</b>	<b>5:35:37</b>

Date	Intensity	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
5/11/09	Monday	Off							
5/12/09	Tuesday	Yo-Ski OR Period 1 Strength	Running, etc.	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
5/13/09	Wednesday	LSD	Ski if you can!			0:21:07	0:29:17	0:39:04	0:50:20
5/14/09	Thursday	Yo-Ski OR Period 1 Strength	Running, etc.	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
5/15/09	Friday	Off							
5/16/09	Saturday	Zone 4 Intervals	Run or ski if you can!		0:32:24	0:42:14	0:58:34	1:18:09	1:40:40
5/17/09	Sunday	LSD	Ski if you can!	0:24:00	0:32:24	0:42:14	0:58:34	1:18:09	1:40:40
<b>TOTAL HOURS</b>				<b>3:24:00</b>	<b>4:04:48</b>	<b>4:45:36</b>	<b>5:26:24</b>	<b>6:15:22</b>	<b>7:11:40</b>

Date	Volume	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
5/18/09	Monday	Off							
5/19/09	Tuesday	Yo-Ski OR Period 1 Strength	Running, etc.	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
5/20/09	Wednesday	LSD	Ski if you can!	0:23:01	0:36:38	0:50:14	1:03:50	1:20:10	1:38:56
5/21/09	Thursday	Yo-Ski OR Period 1 Strength	Running, etc.	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00	1:30:00
5/22/09	Friday	Off							
5/23/09	Saturday	Zone 5 Natural Intervals	Rollerski or ski if you can!	0:23:01	0:36:38	0:50:14	1:03:50	1:20:10	1:38:56
5/24/09	Sunday	LSD	Ski if you can!	0:46:03	1:13:15	1:40:28	2:07:40	2:40:19	3:17:52
<b>TOTAL HOURS</b>				<b>4:32:05</b>	<b>5:26:30</b>	<b>6:20:55</b>	<b>7:15:20</b>	<b>8:20:38</b>	<b>9:35:44</b>