

Period 1 Definitions:

INTERVALS

ZONE 3 INTERVALS:

- Warm-Up 10-15 minutes
- You can do this with whatever activity you choose
- ZONE 3 = 80-90% of Max Heart Rate (if Max HR = 220 then Zone 3 will be 176-198)
- 6min Zone 3 Intervals
 - Banana = 1
 - Cayenne = 1
 - Jalapeno = 2
 - Habanero = 3
- Cool-down 10 min

ZONE 4 INTERVALS:

- Warm-Up 10-20 minutes (10 for Banana & Cayenne and up for others)
- 3:30 intervals with full rest
 - 5 for Habanero (16:30 total intervals)
 - 4 for Jalapeno (14:00 total intervals)
 - 3 for Cayenne (10:30 total intervals)
 - 2 for Banana (7:00 total intervals)
- Cool-Down for 10-20 minutes (10 for Banana & Cayenne and up for others)

ZONE 5 NATURAL INTERVALS

- Rollerski on this workout if you can
- The purpose of this workout is to do ski specific HARD speed
- Warm-up for 10-25 minutes before starting the first interval.
- During the LSD workout do 15 sec as hard as you can (Zone 5)
- Practice using perfect technique for each interval
 - Banana = 5
 - Cayenne = 6
 - Jalapeno = 7
 - Habanero = 8
- Get at least 5 minutes of cool-down after the last interval