

Rotations 1-2

Date

Rotation 1	Rotation 2	Recovery	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
6/1/09	6/22/09	Monday	Off							
6/2/09	6/23/09	Tuesday	Strength Part 1	Running, etc.	0:44:27	0:53:20	1:02:13	1:11:07	1:21:47	1:34:03
6/3/09	6/24/09	Wednesday	LSD	Your Choice	0:33:20	0:40:00	0:46:40	0:53:20	1:01:20	1:10:32
6/4/09	6/25/09	Thursday	Strength Part 1	Running, etc.	0:44:27	0:53:20	1:02:13	1:11:07	1:21:47	1:34:03
6/5/09	6/26/09	Friday	Off							
				Rollerski with 10 minutes of double pole						
6/6/09	6/27/09	Saturday	LSD		0:33:20	0:40:00	0:46:40	0:53:20	1:01:20	1:10:32
6/7/09	6/28/09	Sunday	LSD	Run, Hike or whatever you want	1:06:40	1:20:00	1:33:20	1:46:40	2:02:40	2:21:04

Approximate

Hours 3:42:13 4:26:40 5:11:07 5:55:33 6:48:53 7:50:13

Date	Intensity	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai	
6/8/09	6/29/09	Monday	Off							
6/9/09	6/30/09	Tuesday	Strength Part 1	Running, etc.	0:43:20	0:52:00	1:00:40	1:09:20	1:19:44	1:31:42
6/10/09	7/1/09	Wednesday	Zone 2 Specific Speed (Basic Endurance)	Rollerski	0:46:40	0:56:00	1:05:20	1:14:40	1:25:52	1:38:45
6/11/09	7/2/09	Thursday	Strength Part 1	Running, etc.	0:43:20	0:52:00	1:00:40	1:09:20	1:19:44	1:31:42
6/12/09	7/3/09	Friday	LSD	Your Choice	0:53:20	1:04:00	1:14:40	1:25:20	1:38:08	1:52:51
6/13/09	7/4/09	Saturday	Zone 4 Intervals	Running	0:46:40	0:56:00	1:05:20	1:14:40	1:25:52	1:38:45
6/14/09	7/5/09	Sunday	LSD	Run, Hike or whatever you want	1:40:00	2:00:00	2:20:00	2:40:00	3:04:00	3:31:36

Approximate

Hours 5:33:20 6:40:00 7:46:40 8:53:20 10:13:20 11:45:20

Date	Volume	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai	
6/15/09	7/6/09	Monday	LSD	Your Choice	0:50:33	1:00:40	1:10:47	1:20:53	1:33:01	1:46:59
6/16/09	7/7/09	Tuesday	Strength Part 1	Running, etc.	0:38:53	0:46:40	0:54:27	1:02:13	1:11:33	1:22:17
6/17/09	7/8/09	Wednesday	LSD	Your Choice	0:54:27	1:05:20	1:16:13	1:27:07	1:40:11	1:55:12
6/18/09	7/9/09	Thursday	Strength Part 1	Running, etc.	0:38:53	0:46:40	0:54:27	1:02:13	1:11:33	1:22:17
6/19/09	7/10/09	Friday	Zone 3 Natural Intervals	Running	0:38:53	0:46:40	0:54:27	1:02:13	1:11:33	1:22:17
				Rollerski with 10 minutes of double pole						
6/20/09	7/11/09	Saturday	LSD		0:50:33	1:00:40	1:10:47	1:20:53	1:33:01	1:46:59
6/21/09	7/12/09	Sunday	LSD	Run, Hike or whatever you want	1:56:40	2:20:00	2:43:20	3:06:40	3:34:40	4:06:52

Approximate

Hours 6:28:53 7:46:40 9:04:27 10:22:13 11:55:33 13:42:53

Rotation 3

Date	Recovery	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
7/13/09	Monday	Off							
7/14/09	Tuesday	Strength Part 2	Running, etc.	0:44:27	0:53:20	1:02:13	1:11:07	1:21:47	1:34:03
7/15/09	Wednesday	LSD	Your Choice	0:33:20	0:40:00	0:46:40	0:53:20	1:01:20	1:10:32
7/16/09	Thursday	Strength Part 2	Running, etc.	0:44:27	0:53:20	1:02:13	1:11:07	1:21:47	1:34:03
7/17/09	Friday	Off							
7/18/09	Saturday	LSD	Rollerski with 10 minutes of double pole	0:33:20	0:40:00	0:46:40	0:53:20	1:01:20	1:10:32
7/19/09	Sunday	LSD	Run, Hike or whatever you want	1:06:40	1:20:00	1:33:20	1:46:40	2:02:40	2:21:04
Approximate Hours				3:42:13	4:26:40	5:11:07	5:55:33	6:48:53	7:50:13

Date	Intensity	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
7/20/09	Monday	Off							
7/21/09	Tuesday	Strength Part 2	Running, etc.	0:46:57	0:56:20	1:05:43	1:15:07	1:26:23	1:39:20
7/22/09	Wednesday	Zone 3 Intervals	Rollerski	0:50:33	1:00:40	1:10:47	1:20:53	1:33:01	1:46:59
7/23/09	Thursday	Strength Part 2	Running, etc.	0:46:57	0:56:20	1:05:43	1:15:07	1:26:23	1:39:20
7/24/09	Friday	LSD	Your Choice	0:57:47	1:09:20	1:20:53	1:32:27	1:46:19	2:02:15
7/25/09	Saturday	Zone 4 Intervals	Running	0:50:33	1:00:40	1:10:47	1:20:53	1:33:01	1:46:59
7/26/09	Sunday	LSD	Run, Hike or whatever you want	1:48:20	2:10:00	2:31:40	2:53:20	3:19:20	3:49:14
TOTAL HOURS				6:01:07	7:13:20	8:25:33	9:37:47	11:04:27	12:44:07

Date	Volume	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
7/27/09	Monday	LSD	Your Choice	0:54:10	1:05:00	1:15:50	1:26:40	1:39:40	1:54:37
7/28/09	Tuesday	Strength Part 2	Running, etc.	0:41:40	0:50:00	0:58:20	1:06:40	1:16:40	1:28:10
7/29/09	Wednesday	LSD	Your Choice	0:58:20	1:10:00	1:21:40	1:33:20	1:47:20	2:03:26
7/30/09	Thursday	Strength Part 2	Running, etc.	0:41:40	0:50:00	0:58:20	1:06:40	1:16:40	1:28:10
7/31/09	Friday	Zone 3 Natural Intervals	Running	0:41:40	0:50:00	0:58:20	1:06:40	1:16:40	1:28:10
8/1/09	Saturday	LSD	Rollerski with 10 minutes of double pole	0:54:10	1:05:00	1:15:50	1:26:40	1:39:40	1:54:37
8/2/09	Sunday	LSD	Run, Hike or whatever you want	2:05:00	2:30:00	2:55:00	3:20:00	3:50:00	4:24:30
Approximate Hours				6:56:40	8:20:00	9:43:20	11:06:40	12:46:40	14:41:40

Rotation 4

Date	Recovery	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
8/3/09	Monday	Off							
8/4/09	Tuesday	Strength Part 2	Running, etc.	0:44:27	0:53:20	1:02:13	1:11:07	1:21:47	1:34:03
8/5/09	Wednesday	LSD	Your Choice	0:33:20	0:40:00	0:46:40	0:53:20	1:01:20	1:10:32
8/6/09	Thursday	Strength Part 2	Running, etc.	0:44:27	0:53:20	1:02:13	1:11:07	1:21:47	1:34:03
8/7/09	Friday	Off							
8/8/09	Saturday	LSD	Rollerski with 10 minutes of double pole	0:33:20	0:40:00	0:46:40	0:53:20	1:01:20	1:10:32
8/9/09	Sunday	LSD	Run, Hike or whatever you want	1:06:40	1:20:00	1:33:20	1:46:40	2:02:40	2:21:04
Approximate Hours				3:42:13	4:26:40	5:11:07	5:55:33	6:48:53	7:50:13

Date	Intensity	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
8/10/09	Monday	Off							
8/11/09	Tuesday	Strength Part 2	Running, etc.	0:50:33	1:00:40	1:10:47	1:20:53	1:33:01	1:46:59
8/12/09	Wednesday	Zone 3 Intervals	Rollerski	0:54:27	1:05:20	1:16:13	1:27:07	1:40:11	1:55:12
8/13/09	Thursday	Strength Part 2	Running, etc.	0:50:33	1:00:40	1:10:47	1:20:53	1:33:01	1:46:59
8/14/09	Friday	LSD	Your Choice	1:02:13	1:14:40	1:27:07	1:39:33	1:54:29	2:11:40
8/15/09	Saturday	Zone 4 Ski Walking	Running with poles	0:54:27	1:05:20	1:16:13	1:27:07	1:40:11	1:55:12
8/16/09	Sunday	LSD	Run, Hike or whatever you want	1:56:40	2:20:00	2:43:20	3:06:40	3:34:40	4:06:52
Approximate Hours				6:28:53	7:46:40	9:04:27	10:22:13	11:55:33	13:42:53

Date	Volume	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
8/17/09	Monday	LSD	Your Choice	1:01:23	1:13:40	1:25:57	1:38:13	1:52:57	2:09:54
8/18/09	Tuesday	Strength Part 2	Running, etc.	0:47:13	0:56:40	1:06:07	1:15:33	1:26:53	1:39:55
8/19/09	Wednesday	LSD	Your Choice	1:06:07	1:19:20	1:32:33	1:45:47	2:01:39	2:19:53
8/20/09	Thursday	Strength Part 2	Running, etc.	0:47:13	0:56:40	1:06:07	1:15:33	1:26:53	1:39:55
8/21/09	Friday	Zone 3 Natural Intervals	Running	0:47:13	0:56:40	1:06:07	1:15:33	1:26:53	1:39:55
8/22/09	Saturday	LSD	Rollerski with 10 minutes of double pole	1:01:23	1:13:40	1:25:57	1:38:13	1:52:57	2:09:54
8/23/09	Sunday	LSD	Run, Hike or whatever you want	2:21:40	2:50:00	3:18:20	3:46:40	4:20:40	4:59:46
Approximate Hours				7:52:13	9:26:40	11:01:07	12:35:33	14:28:53	16:39:13

Rotation 5

Date	Recovery	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
8/24/09	Monday	Off							
8/25/09	Tuesday	Strength Part 3	Running, etc.	0:44:27	0:53:20	1:02:13	1:11:07	1:21:47	1:34:03
8/26/09	Wednesday	LSD	Your Choice	0:33:20	0:40:00	0:46:40	0:53:20	1:01:20	1:10:32
8/27/09	Thursday	Strength Part 3	Running, etc.	0:44:27	0:53:20	1:02:13	1:11:07	1:21:47	1:34:03
8/28/09	Friday	Off							
8/29/09	Saturday	LSD	Rollerski with 10 minutes of double pole	0:33:20	0:40:00	0:46:40	0:53:20	1:01:20	1:10:32
8/30/09	Sunday	LSD	Run, Hike or whatever you want	1:06:40	1:20:00	1:33:20	1:46:40	2:02:40	2:21:04
Approximate Hours				3:42:13	4:26:40	5:11:07	5:55:33	6:48:53	7:50:13

Date	Intensity	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
8/31/09	Monday	Off							
9/1/09	Tuesday	Strength Part 3	Running, etc.	0:57:47	1:09:20	1:20:53	1:32:27	1:46:19	2:02:15
9/2/09	Wednesday	Zone 3 Intervals	Rollerski	1:02:13	1:14:40	1:27:07	1:39:33	1:54:29	2:11:40
9/3/09	Thursday	Strength Part 3	Running, etc.	0:57:47	1:09:20	1:20:53	1:32:27	1:46:19	2:02:15
9/4/09	Friday	LSD	Your Choice	1:11:07	1:25:20	1:39:33	1:53:47	2:10:51	2:30:28
9/5/09	Saturday	Zone 4 Ski Walking	Running with poles	1:02:13	1:14:40	1:27:07	1:39:33	1:54:29	2:11:40
9/6/09	Sunday	LSD	Run, Hike or whatever you want	2:13:20	2:40:00	3:06:40	3:33:20	4:05:20	4:42:08
Approximate Hours				7:24:27	8:53:20	10:22:13	11:51:07	13:37:47	15:40:27

Date	Volume	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
9/7/09	Monday	LSD	Your Choice	1:05:00	1:18:00	1:31:00	1:44:00	1:59:36	2:17:32
9/8/09	Tuesday	Strength Part 2	Running, etc.	0:50:00	1:00:00	1:10:00	1:20:00	1:32:00	1:45:48
9/9/09	Wednesday	LSD	Your Choice	1:10:00	1:24:00	1:38:00	1:52:00	2:08:48	2:28:07
9/10/09	Thursday	Strength Part 2	Running, etc.	0:50:00	1:00:00	1:10:00	1:20:00	1:32:00	1:45:48
9/11/09	Friday	Zone 3 Natural Intervals	Running	0:50:00	1:00:00	1:10:00	1:20:00	1:32:00	1:45:48
9/12/09	Saturday	LSD	Rollerski with 10 minutes of double pole	1:05:00	1:18:00	1:31:00	1:44:00	1:59:36	2:17:32
9/13/09	Sunday	LSD	Run, Hike or whatever you want	2:30:00	3:00:00	3:30:00	4:00:00	4:36:00	5:17:24
Approximate Hours				8:20:00	10:00:00	11:40:00	13:20:00	15:20:00	17:38:00