

## Period 2 INTERVALS:

### ZONE 2 SPECIFIC SPEED/BASIC ENDURANCE

If you have a heart-rate monitor you want to use it for this one. You want to be in Zone 2 for the time indicated. For those of you unfamiliar with that term you want your heart rate to be roughly between 150-160. Basic endurance is going too hard to talk but not as hard as an interval, it's pace work. You should have no trouble doing the entire time at the same pace. This takes some practice if you don't have a HR monitor. Just give it a try and hang in there.

- Warm-up 15-30 minutes
- Rollerski if at all possible.
- ZONE 2 = 70-80% of Max Heart Rate (if Max HR = 220 then Zone 2 will be 154-176)
- Time in Zone 2:
  - Banana = 15 minutes
  - Cayenne = 18 minutes
  - Jalapeno = 20 minutes
  - Tabasco = 25 minutes
  - Habanero = 28 minutes
  - Thai = 30 minutes
- Cool-down 15-30 minutes (You want to make your warm-up and cool-down the right length to make up the difference in your time for the day. For example: Thai has 1:38 for the day. 1:35 = 30min Zone 2 + 35min warm-up + 30min cool-down.)

### ZONE 3 NATURAL INTERVALS:

Natural intervals mean that you do your intervals as you do a run. So... You leave on a running loop and after you've warmed up for 20-30 minutes you do the first interval. You try to do your intervals on uphill, so the length of the interval varies with the length of the hill. You may do a hill that is 30 seconds or you may do a hill that is 3 minutes, it doesn't matter just run the uphill from the bottom all the way OVER the top. Try to vary the length of the hill (don't do these all on one hill) and do between 5-8 intervals throughout the loop. Once you've finished the first interval you run easy for a few minutes, until you are recovered (bring your HR down to Zone 1 or below 150), and then you start the next one. You want to pick a loop that has some uphill and downhill. You also want to leave at least 15 minutes of running for a cool down at the end.

- Warm-Up 20-30 minutes
- Running is the best choice for this workout.
- ZONE 3 = 80-90% of Max Heart Rate (if Max HR = 220 then Zone 3 will be 176-198)
- Total amount of time spent on the intervals:
  - Banana = 9 minutes
  - Cayenne = 10 minutes
  - Jalapeno = 12 minutes

- Tabasco = 15 minutes
- Habanero = 18 minutes
- Thai = 20 minutes
- Cool-down 15-30 minutes (You want the entire workout to last as long as is indicated on the training schedule.)

### **ZONE 3 INTERVALS:**

- Rollerski
- Warm-Up 10-20 minutes (10 for Banana & Cayenne and up for others)
- 7min intervals with full rest
  - Banana = 1
  - Cayenne = 2
  - Jalapeno = 3
  - Tabasco = 3
  - Habanero = 4
  - Thai = 5
- Cool-Down for 10-20 minutes (10 for Banana & Cayenne and up for others)

### **ZONE 4 INTERVALS:**

- Run
- Warm-Up 10-20 minutes (10 for Banana & Cayenne and up for others)
- 3min intervals with full rest
  - Banana = 3
  - Cayenne = 4
  - Jalapeno = 5
  - Tabasco = 6
  - Habanero = 7
  - Thai = 8
- Cool-Down for 10-20 minutes (10 for Banana & Cayenne and up for others)

### **ZONE 4 SKI WALKING:**

- Warm-Up 10-20 minutes (10 for Banana & Cayenne and up for others)
- 2.5min intervals with full rest
  - Banana = 4
  - Cayenne = 5
  - Jalapeno = 6
  - Tabasco = 7
  - Habanero = 8
  - Thai = 9
- Cool-Down for 10-20 minutes (10 for Banana & Cayenne and up for others)