

## Rotation 1

Date

Rotation 1 Recovery Workout			Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
9/7/09	Monday	Off (Labor Day)							
9/8/09	Tuesday	Strength/Yoga	Running, etc.	0:53:58	1:04:46	1:15:33	1:26:21	1:39:18	1:54:12
9/9/09	Wednesday	LSD	Rollerski	0:40:29	0:48:34	0:56:40	1:04:46	1:14:29	1:25:39
9/10/09	Thursday	Strength/Yoga	Running, etc.	0:53:58	1:04:46	1:15:33	1:26:21	1:39:18	1:54:12
9/11/09	Friday	Physical Test	Running, etc.	0:40:29	0:48:34	0:56:40	1:04:46	1:14:29	1:25:39
9/12/09	Saturday	Off							
9/13/09	Sunday	LSD	Running	0:53:58	1:04:46	1:15:33	1:26:21	1:39:18	1:54:12
<b>Approximate Hours</b>				<b>4:29:50</b>	<b>5:23:49</b>	<b>6:17:47</b>	<b>7:11:45</b>	<b>8:16:30</b>	<b>9:30:59</b>

Date	Intensity	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
9/14/09	Monday	Track Intervals	Running	0:56:40	1:08:00	1:19:20	1:30:40	1:44:16	1:59:54
9/15/09	Tuesday	Strength/Yoga	Running, etc.	1:20:57	1:37:09	1:53:20	2:09:31	2:28:57	2:51:18
9/16/09	Wednesday	LSD	Running	1:00:43	1:12:51	1:25:00	1:37:09	1:51:43	2:08:28
9/17/09	Thursday	Strength/Yoga	Running, etc.	1:20:57	1:37:09	1:53:20	2:09:31	2:28:57	2:51:18
9/18/09	Friday	LSD	Running	1:04:46	1:17:43	1:30:40	1:43:37	1:59:10	2:17:02
9/19/09	Saturday	Hill Bounding	Running	1:00:43	1:12:51	1:25:00	1:37:09	1:51:43	2:08:28
9/20/09	Sunday	Rollerski Time-Trial	Rollerski	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
<b>Approximate Hours</b>				<b>6:44:46</b>	<b>8:05:43</b>	<b>9:26:40</b>	<b>10:47:37</b>	<b>12:24:46</b>	<b>14:16:29</b>

Date	Volume	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
9/21/09	Monday	LSD	Running	0:47:13	0:56:40	1:06:07	1:15:33	1:26:53	1:39:55
9/22/09	Tuesday	Strength/Yoga	Running, etc.	1:15:33	1:30:40	1:45:47	2:00:53	2:19:01	2:39:53
9/23/09	Wednesday	Natural Intervals	Running with Poles	0:56:40	1:08:00	1:19:20	1:30:40	1:44:16	1:59:54
9/24/09	Thursday	Strength/Yoga	Running, etc.	1:15:33	1:30:40	1:45:47	2:00:53	2:19:01	2:39:53
9/25/09	Friday	LSD	Rollerski with 10 minutes of double pole	0:47:13	0:56:40	1:06:07	1:15:33	1:26:53	1:39:55
9/26/09	Saturday	LSD	Your Choice	0:51:57	1:02:20	1:12:43	1:23:07	1:35:35	1:49:55
9/27/09	Sunday	LSD	Running	1:58:03	2:21:40	2:45:17	3:08:53	3:37:13	4:09:48
<b>Approximate Hours</b>				<b>7:52:13</b>	<b>9:26:40</b>	<b>11:01:07</b>	<b>12:35:33</b>	<b>14:28:53</b>	<b>16:39:13</b>

## Rotation 2

Date	Recovery	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
9/28/09	Monday	Off							
9/29/09	Tuesday	Strength/Yoga	Running, etc.	0:53:58	1:04:46	1:15:33	1:26:21	1:39:18	1:54:12
9/30/09	Wednesday	LSD	Rollerski	0:40:29	0:48:34	0:56:40	1:04:46	1:14:29	1:25:39
10/1/09	Thursday	Strength	Running, etc.	0:53:58	1:04:46	1:15:33	1:26:21	1:39:18	1:54:12
10/2/09	Friday	LSD	Running	0:40:29	0:48:34	0:56:40	1:04:46	1:14:29	1:25:39
10/3/09	Saturday	Off							
10/4/09	Sunday	LSD	Running	0:53:58	1:04:46	1:15:33	1:26:21	1:39:18	1:54:12
<b>Approximate Hours</b>				<b>4:29:50</b>	<b>5:23:49</b>	<b>6:17:47</b>	<b>7:11:45</b>	<b>8:16:30</b>	<b>9:30:59</b>

Date	Intensity	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
10/5/09	Monday	Track Intervals	Running	0:56:40	1:08:00	1:19:20	1:30:40	1:44:16	1:59:54
10/6/09	Tuesday	Strength/Yoga	Running, etc.	1:20:57	1:37:09	1:53:20	2:09:31	2:28:57	2:51:18
10/7/09	Wednesday	Hill Bounding	Running with Poles	1:00:43	1:12:51	1:25:00	1:37:09	1:51:43	2:08:28
10/8/09	Thursday	Strength/Yoga	Running, etc.	1:20:57	1:37:09	1:53:20	2:09:31	2:28:57	2:51:18
10/9/09	Friday	Rollerski Time-Trial	Rollerski	1:04:46	1:17:43	1:30:40	1:43:37	1:59:10	2:17:02
10/10/09	Saturday	Low Altitude Race (Ft Collins)	Running	1:00:43	1:12:51	1:25:00	1:37:09	1:51:43	2:08:28
10/11/09	Sunday	Off							
<b>Approximate Hours</b>				<b>6:44:46</b>	<b>8:05:43</b>	<b>9:26:40</b>	<b>10:47:37</b>	<b>12:24:46</b>	<b>14:16:29</b>

Date	Volume	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
10/12/09	Monday	LSD	Running	0:47:13	0:56:40	1:06:07	1:15:33	1:26:53	1:39:55
10/13/09	Tuesday	Strength/Yoga	Running, etc.	1:15:33	1:30:40	1:45:47	2:00:53	2:19:01	2:39:53
10/14/09	Wednesday	Natural Intervals	Running with Poles	0:56:40	1:08:00	1:19:20	1:30:40	1:44:16	1:59:54
10/15/09	Thursday	Strength/Yoga	Running, etc.	1:15:33	1:30:40	1:45:47	2:00:53	2:19:01	2:39:53
10/16/09	Friday	LSD	Rollerski with 10 minutes of double pole	0:47:13	0:56:40	1:06:07	1:15:33	1:26:53	1:39:55
10/17/09	Saturday	LSD	Your Choice	0:51:57	1:02:20	1:12:43	1:23:07	1:35:35	1:49:55
10/18/09	Sunday	LSD	Running	1:58:03	2:21:40	2:45:17	3:08:53	3:37:13	4:09:48
<b>Approximate Hours</b>				<b>7:52:13</b>	<b>9:26:40</b>	<b>11:01:07</b>	<b>12:35:33</b>	<b>14:28:53</b>	<b>16:39:13</b>

### Rotation 3

Date	Recovery	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
10/19/09	Monday	Off							
10/20/09	Tuesday	Strength/Yoga	Running, etc.	0:53:58	1:04:46	1:15:33	1:26:21	1:39:18	1:54:12
10/21/09	Wednesday	LSD	Rollerski	0:40:29	0:48:34	0:56:40	1:04:46	1:14:29	1:25:39
10/22/09	Thursday	Strength	Running, etc.	0:53:58	1:04:46	1:15:33	1:26:21	1:39:18	1:54:12
10/23/09	Friday	LSD	Running						
10/24/09	Saturday	Off		0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
10/25/09	Sunday	LSD	Running	0:53:58	1:04:46	1:15:33	1:26:21	1:39:18	1:54:12
<b>Approximate Hours</b>				<b>4:29:50</b>	<b>5:23:49</b>	<b>6:17:47</b>	<b>7:11:45</b>	<b>8:16:30</b>	<b>9:30:59</b>

Date	Intensity	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
10/26/09	Monday	Track Intervals	Running						
10/27/09	Tuesday	Strength/Yoga	Running, etc.	1:27:42	1:45:14	2:02:47	2:20:19	2:41:22	3:05:34
10/28/09	Wednesday	Hill Bounding	Running with Poles	1:05:46	1:18:56	1:32:05	1:45:14	2:01:01	2:19:11
10/29/09	Thursday	Strength/Yoga	Running, etc.	1:27:42	1:45:14	2:02:47	2:20:19	2:41:22	3:05:34
10/30/09	Friday	Rollerski Time-Trial	Rollerski	1:10:10	1:24:11	1:38:13	1:52:15	2:09:06	2:28:27
10/31/09	Saturday	Low Altitude TT (Ft Collins)	Running	1:05:46	1:18:56	1:32:05	1:45:14	2:01:01	2:19:11
11/1/09	Sunday	Off		0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
<b>Approximate Hours</b>				<b>7:18:30</b>	<b>8:46:11</b>	<b>10:13:53</b>	<b>11:41:35</b>	<b>13:26:50</b>	<b>15:27:51</b>

Date	Volume	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
11/2/09	Monday	LSD	Running	0:50:36	1:00:43	1:10:50	1:20:57	1:33:06	1:47:04
11/3/09	Tuesday	Strength/Yoga	Running, etc.	1:20:57	1:37:09	1:53:20	2:09:31	2:28:57	2:51:18
11/4/09	Wednesday	Natural Intervals	Running with Poles	1:00:43	1:12:51	1:25:00	1:37:09	1:51:43	2:08:28
11/5/09	Thursday	Strength/Yoga	Running, etc.	1:20:57	1:37:09	1:53:20	2:09:31	2:28:57	2:51:18
11/6/09	Friday	LSD	Rollerski with 10 minutes of double pole	0:50:36	1:00:43	1:10:50	1:20:57	1:33:06	1:47:04
11/7/09	Saturday	LSD	Your Choice	0:55:39	1:06:47	1:17:55	1:29:03	1:42:24	1:57:46
11/8/09	Sunday	LSD	Running	2:06:29	2:31:47	2:57:05	3:22:23	3:52:44	4:27:39
<b>Approximate Hours</b>				<b>8:25:57</b>	<b>10:07:09</b>	<b>11:48:20</b>	<b>13:29:31</b>	<b>15:30:57</b>	<b>17:50:36</b>

## Rotation 4

Date	Recovery	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
11/9/09	Monday	Off							
11/10/09	Tuesday	Strength/Yoga	Running, etc.	0:53:58	1:04:46	1:15:33	1:26:21	1:39:18	1:54:12
11/11/09	Wednesday	LSD	Rollerski	0:40:29	0:48:34	0:56:40	1:04:46	1:14:29	1:25:39
11/12/09	Thursday	Strength	Running, etc.	0:53:58	1:04:46	1:15:33	1:26:21	1:39:18	1:54:12
11/13/09	Friday	LSD	Running						
11/14/09	Saturday	Off		0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
11/15/09	Sunday	LSD	Running	0:53:58	1:04:46	1:15:33	1:26:21	1:39:18	1:54:12
<b>Approximate Hours</b>				<b>4:29:50</b>	<b>5:23:49</b>	<b>6:17:47</b>	<b>7:11:45</b>	<b>8:16:30</b>	<b>9:30:59</b>

Date	Intensity	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
11/16/09	Monday	Track Intervals	Running						
11/17/09	Tuesday	Strength/Yoga	Running, etc.	1:34:27	1:53:20	2:12:13	2:31:07	2:53:47	3:19:51
11/18/09	Wednesday	Hill Bounding	Running with Poles	1:10:50	1:25:00	1:39:10	1:53:20	2:10:20	2:29:53
11/19/09	Thursday	Strength/Yoga	Running, etc.	1:34:27	1:53:20	2:12:13	2:31:07	2:53:47	3:19:51
11/20/09	Friday	Rollerski/Ski Time-Trial	Rollerski/Ski	1:15:33	1:30:40	1:45:47	2:00:53	2:19:01	2:39:53
11/21/09	Saturday	Off							
11/22/09	Sunday	Low Altitude TT (Ft Collins)	Running	1:10:50	1:25:00	1:39:10	1:53:20	2:10:20	2:29:53
<b>Approximate Hours</b>				<b>7:52:13</b>	<b>9:26:40</b>	<b>11:01:07</b>	<b>12:35:33</b>	<b>14:28:53</b>	<b>16:39:13</b>

Date	Volume	Workout	Suggested Activity	Banana	Cayenne	Jalapeno	Tabasco	Habanero	Thai
11/23/09	Monday	LSD	Running	1:00:43	1:12:51	1:25:00	1:37:09	1:51:43	2:08:28
11/24/09	Tuesday	Strength/Yoga	Running, etc.	1:37:09	1:56:34	2:16:00	2:35:26	2:58:45	3:25:33
11/25/09	Wednesday	LSD	Ski	1:12:51	1:27:26	1:42:00	1:56:34	2:14:03	2:34:10
11/26/09	Thursday	LSD	Ski	1:37:09	1:56:34	2:16:00	2:35:26	2:58:45	3:25:33
11/27/09	Friday	LSD	Ski	1:00:43	1:12:51	1:25:00	1:37:09	1:51:43	2:08:28
11/28/09	Saturday	LSD/Speed	Ski	1:06:47	1:20:09	1:33:30	1:46:51	2:02:53	2:21:19
11/29/09	Sunday	LSD	Ski	2:31:47	3:02:09	3:32:30	4:02:51	4:39:17	5:21:11
<b>Approximate Hours</b>				<b>10:07:09</b>	<b>12:08:34</b>	<b>14:10:00</b>	<b>16:11:26</b>	<b>18:37:09</b>	<b>21:24:43</b>