

Jan 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>[1/18]</b>  <b>WEEK 8</b>	Steady State Recovery Keep it easy, low heart rate 130+/-	<i>Anaerobic Power</i> 15' warm up;  8 x 100m AFAP with 2:00 rest between;  20' easy.	3 x 4,3,2,1 at 18,20,22,24/5' rest between.  Keep HR under control. If you must, you can drive up the last 1' each time.	A) <i>VO2Max/2k Prep.</i>  Race warm-up, followed by 4' of 0:20on/0:10 easy AFAP.  10' easy.	3 x 4,3,2,1 at 18,20,22,24/5' rest between.  Keep HR under control.	Row/Run/Bike  BEACH SPRINTS
Jan 2010	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>[1/25]</b>  <b>WEEK 9</b>	Steady State Recovery Keep it easy, low heart rate 130+/-	<i>Anaerobic Power</i> 15' warm up;  8 x 100m AFAP with 2:00 rest between;  20' easy.	3 x 4,3,2,1 at 18,20,22,24/5' rest between.  Keep HR under control. If you must, you can drive up the last 1' each time.	A) <i>VO2Max/2k Prep.</i>  Race warm-up, followed by 4' of 0:20on/0:10 easy AFAP.  10' easy.	3 x 4,3,2,1 at 18,20,22,24/5' rest between.  Keep HR under control.	SAN DIEGO