

Nov 2009	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
<b>[10/26]</b>  <b>WEEK 4</b>	<i>Anaerobic Power</i> 15' warm up. 3x266m AFAP/3:30 rest. Rate <40. + 21' UT2 (of 1 1/2' at 18/20,18/22,18/24,18/26,18/24,18/22,18/20) ie. Always return to 1' at 18.	A) <i>Aerobic Power Progression</i> 10' warm up. 4X10' @TP/2' rest. rate 26. If you feel good take split down on last 1.	55' UT2 Erg/Row/Run Do this on HRate alone. Stop and stretch if needed.	A) <i>Anaerobic Power</i> 15' warm up. 3x266m AFAP/3:30 rest. Rate <40. + 21' UT2 (of 1 1/2' at 18/20,18/22,18/24,18/26,18/24,18/22,18/20) ie. Always return to 1' at 18.	<i>2k Pace Progression</i> Race warm up. 6x500m 2k target pace/1' rest. + 3x11' UT2 (of 2'/1' at 18/20,18/22,18/20,18) Note: change - Always return to <b>2' at 18.</b>	Row/Run/Bike
		B) 3 x 10' (4',3',2',1' at 18,20,22,24)  UT2-->UT1-->AT		B) 3x15' (5',4',3',2',1' at 18,20,22,24,26)  UT2-->UT1-->AT		
<b>[11/2]</b>  <b>WEEK 5</b>	<i>Anaerobic Power</i> 15' warm up. 2x400m AFAP/5' rest. Rate <40. + 27' UT2 comprising (1 1/2' at 18/20; 1 1/3' at 18/22, 18/24, 18/26, 18/24, 18/22; 1 1/2'/1' at 18/20, 18) ie. Always return to 1' at 18.	A) <i>Aerobic Power Progression</i> 10' warm up. 3X13:20@TP/2:36 rest rate 26. If you feel good take split down on last 1.	72'UT2 Erg/Row/Run Do this on HRate alone. Stop and stretch if needed.	A) <i>Anaerobic Power</i> 15' warm up. 2x400m AFAP/5' rest. Rate <40. + 27' easy UT2 comprising (1 1/2' at 18/20; 1 1/3' at 18/22, 18/24, 18/26, 18/24, 18/22; 1 1/2' at 18/20) ie. Always return to 1' at 18.	<i>2k Pace Progression</i> Race warm up. 3x750m 2k target pace/1' rest. + 3x11' UT2 (of 2'/1' at 18/20,18/22,18/20,18) Note: change - Always return to <b>2' at 18.</b>	Row/Run/Bike
		B) 3x15' (5',4',3',2',1' at 18,20,22,24,26)  UT2-->UT1-->AT		B) 3x19' (4',3',2',1',2',3',4' at 18-->24-->18)  UT2-->AT-->UT1		

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<b>[11/9]</b>  <b>WEEK 6</b>	<i>Anaerobic Power</i> 15' warm up. 1x 1' AFAP from stand. Rate <40. + 40' UT2 (2 x 20' (of 1'/2' at 18/20,18/22,18/24,18/26,18/24,18/22,18/20) - Always return to 1' at 18.)	A) <i>Aerobic Power Progression</i> 10' warm up. 2x20'@TP/4' rest. Rate 26. If you feel good take split down in last 10' of last piece.	85'UT2 Erg/Row/Run Do this on HRate alone. Stop and stretch if needed.	A) <i>Anaerobic Power</i> 15' warm up. 1x 1' AFAP from stand. Rate <40.. + 40' UT2 (2 x 20' (of 1'/2' at 18/20,18/22,18/24,18/26,18/24,18/22,18/20) - Always return to 1' at 18.)  B) 3x15' (5',4',3',2',1' at 18,20,22,24,26)  UT2-->UT1-->AT	<i>2k Pace Progression</i> Race warm up. 4,3,2,1 at 2k target pace/1' rest. + 3x11' UT2 (of 2'/1' at 18/20,18/22,18/20,18) Note: change - Always return to <b>2' at 18.</b>	Row/Run/Bike
		B) 3 x 10' (4',3',2',1' at 18,20,22,24)  UT2-->UT1-->AT		B) 3x15' (5',4',3',2',1' at 18,20,22,24,26)  UT2-->UT1-->AT		
<b>[11/16]</b>  <b>WEEK 7</b>	<i>Anaerobic Power</i> 15' warm up. 5x 10" AFAP/ 1:50 rest.	A) <i>Aerobic Power Progression</i> 10' warm up. 1X40' AFAP. Rate 26. Ave split is new TP.	2 x 10' (4',3',2',1' at 18,20,22,24)  UT2-->UT1-->AT, alternating with 8' easy bike (1' down, 1' up, etc.). Total 36' work.	<i>Anaerobic Power</i> 15' warm up. 5x 10" AFAP/ 1:50 rest.	<i>2k Pace Progression</i> Race warm up. 1x2000m 2k target pace	Row/Run/Bike
		B) 3 x 10' (4',3',2',1' at 18,20,22,24)  UT2-->UT1-->AT				

Where specified, workout A) takes priority over B). There should be several hours between the two.  
Workout A) can be done in the pm in the larger group.

15' warm up = 5,4,3,2,1 at 22,24,26,28,30

10' warm up = 4,3,2,1 at quite easy, moderate, quite hard, hard

AFAP = As Fast as Possible

UT2 = Utilization2 HR (Sherri 140-150, Elena 147-155) Splits 2:15+/-

UT1 = Utilization1 HR (Sherri 150-160, Elena 155-170) Splits 2:10+/-

AT = Threshold HR (Sherri 160-165, Elena 170-177)

1' Target = 400 watts, or 1:36.5