

## SAMPLE WORKOUT MENU

<u>Utilization 1</u> 130-145 HR 16-22 SPM 2-3' rest	<u>Utilization 2</u> 145-160 HR 18-24 SPM 3-5' rest	<u>Anaerobic Threshold</u> 160-180 HR 22-30 SPM 5-7' rest	<u>Transportation</u> 180-190 HR 28-34 SPM 6-8' rest	<u>Lactate Tolerance</u> Max HR 36-40 SPM 8-12' rest
60-90' SS (4'-3'-2'-1') no rest	30-60' Firm SS (4'-3'-2'-1')	3 x 19' 80-90% Pr (4-3-2-1-2-3-4)	5x 5'-competitive (seat racing)	2 (4 x 2' on 1' off)
3 x 30' SS (4'-3'-2'-1')	3 x 20' Firm SS (4'-3'-2'-1')	4 x 11' 80-90% Pr. (3'-2'-1'-2'-3')	3 x 8' - 95% Pr. (2'-2'-2'-2')	2 or 3 (6 x 1' on 1' off)
2 x 45' SS (3 x 15')	2 x 30' Firm SS (4'-3'-2'-1')	4 x 10' 80-90% Pr. (2'-2'-2'-2'-2')	5 x 4' - Full (2'-2')	2 or 3 (8x 1 <sup>st</sup> 30" of race) (zero rest btw 30" pcs)
2 x 30' SS (4'-3'-2'-1')	2 x 45' Firm SS (3x 15')	3 x 20' - 75% Pr. (@3x 28 SPM; 3 x30 SPM)	2 x 2000m- Full (change rate ea. 500m)	3 (3 x 90" on 60" off)
		10 x 3' -75% Pr. (@ 28-32 SPM)	5 x 7' -Full (1-3-2-1)	3 (3 x 2' on 2' off) (1 <sup>st</sup> ,middle,last 2' of race)
		4 x 2500m 85% Pr. (change rate ea. 500m)	3 x 1500m-Full (change 500@ 28,30,32;30,28, 30,32,30,32)	2 or 3 (6x 45" on 30" off) (can be from a start)
		5x2000m-90% Pr. (change rate ea. 500m)	4 x 1000m-Full (change rate ea. 500m)	
			6 x 500m-Full (can be from start)	
			3x 20' (30 on 10 off) @ 34-38	
			3 x 15' (20 on 7 off) @ 34-38	