

## September 2009 Workout

		<b>Workout Type</b>	<b>Description</b>	<b>Duration</b>	<b>Rating</b>	<b>Rest</b>	<b>% of Max</b>	<b>Heart Rate</b>	<b>Heart Rate</b>
								<b>(200 max)</b>	<b>(180 max)</b>
31-Aug	Monday	Util 1	Oxygen Utilization 1	60 minutes or day off	18-20 spm	none	65-70%	130-140	117-126
1-Sep	Tuesday	Util 1	Oxygen Utilization 1	70 minutes	18-20 spm	none	65-70%	130-140	117-126
2-Sep	Wednesday	AT	Anerobic Threshold	10'-7'-5'-3'-3' minutes	20,22,24,26,28	4 min	85-90%	170-180	153-162
3-Sep	Thursday	Util 2	Oxygen Utilization 2	75 minutes	20-22 spm	none	75-80%	150-160	135-144
4-Sep	Friday	Util 1	Oxygen Utilization 1	50 minutes	18-20 spm	none	65-70%	130-140	117-126
5-Sep	Saturday	Lac.	Lactate Tolerance	5K Time Trial (HOTS)	28-max	none	100%	200+	180+
6-Sep	Sunday	Util 1	Oxygen Utilization 1	60 minutes or day off	18-20 spm	none	65-70%	130-140	117-126
7-Sep	Monday	Trans.	Oxygen Transport	12 x 1 min. Bungee Row	28-30 spm	3 min	90-95%	180-190	162-171
8-Sep	Tuesday	Util 1	Oxygen Utilization 1	70 minutes	18-20 spm	none	65-70%	130-140	117-126
9-Sep	Wednesday	AT	Anerobic Threshold	10'-7'-5'-3'-3' minutes	20,22,24,26,28	4 min	85-90%	170-180	153-162
10-Sep	Thursday	Util 1	Oxygen Utilization 1	50 minutes	18-20 spm	none	65-70%	130-140	117-126
11-Sep	Friday	Util 1	Oxygen Utilization 1	50 minutes or day off	18-20 spm	none	65-70%	130-140	117-126
12-Sep	Saturday	AT	Anerobic Threshold	25K Bridge to Bridge Race	25-27 spm	5 min	85-90%	170-180	153-162
13-Sep	Sunday	Lac.	Lactate Tolerance	5K Time Trial (HOTS)	28-max		100%	200+	180+
14-Sep	Monday	Util 1	Oxygen Utilization 2	4 x 15 minutes (5 min 18, 5 min 20, 5 min 18 4 times)	18, 22 spm	none	75-80%	150-160	135-144
15-Sep	Tuesday	Util 1	Oxygen Utilization 1	70 minutes	18-20 spm	none	65-70%	130-140	117-126
16-Sep	Wednesday	AT	Anerobic Threshold	2 X 20 minutes	24-26 spm	5 min	85-90%	170-180	153-162
17-Sep	Thursday	Trans.	Oxygen Transport	12 x 1 min. Bungee Row	28-30 spm	3 min	90-95%	180-190	162-171
18-Sep	Friday	Util 1	Oxygen Utilization 1	60 minutes or day off	18-20 spm	none	65-70%	130-140	117-126
19-Sep	Saturday	Util 1	Oxygen Utilization 1	70 minutes	18-20 spm	none	65-70%	130-140	117-126
20-Sep	Sunday	Lac.	Lactate Tolerance	5K Time Trial (HOTS)	28-max		100%	200+	180+
21-Sep	Monday	Util 1	Oxygen Utilization 1	60 minutes	18-20 spm	none	65-70%	130-140	117-126
22-Sep	Tuesday	Util 1	Oxygen Utilization 2	4 x 15 minutes (5 min 18, 5 min 20, 5 min 18 4 times)	18, 22 spm	none	75-80%	150-160	135-144
23-Sep	Wednesday	AT	Anerobic Threshold	3 X 12 minutes	24-26 spm	5 min	85-90%	170-180	153-162
24-Sep	Thursday	Util 1	Oxygen Utilization 1	70 minutes	18-20 spm	none	65-70%	130-140	117-126
25-Sep	Friday	Util 1	Oxygen Utilization 1	50 minutes	18-20 spm	none	65-70%	130-140	117-126
26-Sep	Saturday	Util 1	Oxygen Utilization 1	45 minutes low or day off	18-20 spm	none	65-70%	130-140	117-126
27-Sep	Sunday	Lac.	Lactate Tolerance	Green Mountain Head	32-max		100%	200+	180+