

Refer to end of sheet for descriptions of mod,ss,thres	
Refer to workouts1 attachment for weight workouts	
The days you don't erg, I expect your running or doing bleachers for at least 40 mins	
	Good Luck: This is a formula for success; I would like to see 2 guys and 2 girls qualify for Crash B's
Monday, December 01, 2003	lower wts (4x8-10reps); 30min mod
Tuesday, December 02, 2003	upper wts (4x8-10reps); 4x1500m thres, 5min rest between
Wednesday, December 03, 2003	60 mins mod
Thursday, December 04, 2003	lower wts; 30min ss
Friday, December 05, 2003	2x 30 mins ss; 10 mins rest (10 mins 22' then 24' then 26')
Saturday, December 06, 2003	upper wts; Blasters 2x(6x(1:30 mins on 2:00 mins off (paddle) Rest 15 mins)
Sunday, December 07, 2003	off
Monday, December 08, 2003	lower wts (4x8-10reps); 30min mod
Tuesday, December 09, 2003	upper wts; 2x 6000 meter test (20 mins rest)
Wednesday, December 10, 2003	60 mins mod
Thursday, December 11, 2003	lower wts; 30min ss
Friday, December 12, 2003	2x 30mins ss; 10 mins rest (10 mins 22' 10 mins 24' 10 mins 26')
Saturday, December 13, 2003	upper wts; Blasters 2x(6x(1:30 mins on 2:00 mins off (paddle) Rest 15 mins)
Sunday, December 14, 2003	off
Monday, December 15, 2003	lower wts (4x8-10reps); 30min mod
Tuesday, December 16, 2003	upper wts; 3x4000m thres, 10min rest (22' ; Open ; 24')
Wednesday, December 17, 2003	60' mod
Thursday, December 18, 2003	lower wts; 30min ss
Friday, December 19, 2003	2x 30' ss; 10 mins rest (10 mins 22' 10 mins 24' 10 mins 26')
Saturday, December 20, 2003	upper wts; Blasters 2x(6x(1:30 mins on 2:00 mins off (paddle) Rest 15 mins)
Sunday, December 21, 2003	off
Monday, December 22, 2003	lower wts (4x8-10reps); 30min mod
Tuesday, December 23, 2003	5x1500m thres, 3min rest (Rate 20' ; Open : 24' : Open ; 20')
Wednesday, December 24, 2003	off
Thursday, December 25, 2003	off
Friday, December 26, 2003	upper wts; 3x15min mod, 5min rest (5 mins 22' 5mins 24' 5 mins 26')
Saturday, December 27, 2003	lower wts; Blasters 2x(6x(1:00 mins on 1:30 mins off (paddle) Rest 15 mins)
Sunday, December 28, 2003	off
Monday, December 29, 2003	lower wts (5x6-8reps); 30' mod
Tuesday, December 30, 2003	upper wts; 10,000m test thres
Wednesday, December 31, 2003	60' mod
Thursday, January 01, 2004	off
Friday, January 02, 2004	off
Saturday, January 03, 2004	lower wts; Blasters 2x(6x(1:00 mins on 1:30 mins off (paddle) Rest 15 mins)
Sunday, January 04, 2004	off
Monday, January 05, 2004	upper wts; 2x15min mod, 2min rest between
Tuesday, January 06, 2004	2x6000 meter test (20 mins rest)
Wednesday, January 07, 2004	60' mod
Thursday, January 08, 2004	lower wts; 30 min ss;
Friday, January 09, 2004	2x 30' mod; 10 mins rest (10 mins 22' 10 mins 24' 10 mins 26')
Saturday, January 10, 2004	upper wts; Blasters 2x(6x(1:00 mins on 1:30 mins off (paddle) Rest 15 mins)
Sunday, January 11, 2004	off
Monday, January 12, 2004	lower wts (4x8-10 reps); 30 min mod

Tuesday, January 13, 2004	upper wts; 2x5000m thres, 10min rest
Wednesday, January 14, 2004	60' mod
Thursday, January 15, 2004	lower wts; 30 min ss;
Friday, January 16, 2004	2x 30' mod; 10 mins rest (10 mins 22' 10 mins 24' 10 mins 26')
Saturday, January 17, 2004	upper wts; Blasters 3x{6x(45 secs on 1:00 mins off (paddle) Rest 15 mins)
Sunday, January 18, 2004	off
Monday, January 19, 2004	lower wts (4x8-10 reps); 30 min mod
Tuesday, January 20, 2004	upper wts; 3x1500m @ 2000m pace, 5min rest between
Wednesday, January 21, 2004	4x 10 mins (4mins 20' 3 mins 22' 2 mins 24' 1 min 26')x4 moderate
Thursday, January 22, 2004	lower wts; 30 min ss;
Friday, January 23, 2004	2x 30' mod; 10 mins rest (10 mins 22' 10 mins 24' 10 mins 26')
Saturday, January 24, 2004	upper wts; Blasters 3x{6x(45 secs on 1:00 mins off (paddle) Rest 15 mins)
Sunday, January 25, 2004	off
Monday, January 26, 2004	lower wts (4x8-10 reps); 30 min mod
Tuesday, January 27, 2004	upper wts; 2 x 6000m test (15 mins rest)
Wednesday, January 28, 2004	4x 10 mins (4mins 20' 3 mins 22' 2 mins 24' 1 min 26')x4 moderate
Thursday, January 29, 2004	lower wts; 30 min ss;
Friday, January 30, 2004	2x 30' mod; 10 mins rest (10 mins 22' 10 mins 24' 10 mins 26')
Saturday, January 31, 2004	upper wts; Blasters 3x{6x(45 secs on 1:00 mins off (paddle) Rest 15 mins)
Sunday, February 01, 2004	off ; CRASH B ERG SPRINT ENTRY DEADLINE; MAIN LINE SLIDE FEB 7
Monday, February 02, 2004	lower wts (5x6-8 reps); 30 min mod
Tuesday, February 03, 2004	upper wts; 10,000 meter test mod
Wednesday, February 04, 2004	4x 10 mins (4mins 20' 3 mins 22' 2 mins 24' 1 min 26')x4 moderate
Thursday, February 05, 2004	lower wts; 30 min ss;
Friday, February 06, 2004	2x 30' mod; 10 mins rest (10 mins 22' 10 mins 24' 10 mins 26')
Saturday, February 07, 2004	upper wts; Blasters 2x{6x(1:30 mins on 2:00 mins off (paddle) Rest 15 mins)
Sunday, February 08, 2004	off
Monday, February 09, 2004	lower wts (3x10-12reps); 30 min mod
Tuesday, February 10, 2004	upper wts; 3x{7x(1min on 1min off)] sprint pace
Wednesday, February 11, 2004	4x 10 mins (4mins 20' 3 mins 22' 2 mins 24' 1 min 26')x4 moderate
Thursday, February 12, 2004	lower wts; 30 min ss;
Friday, February 13, 2004	2x 30' mod; 10 mins rest (10 mins 22' 10 mins 24' 10 mins 26')
Saturday, February 14, 2004	upper wts; 2x 6000 m test 20 mins rest
Sunday, February 15, 2004	off
Monday, February 16, 2004	lower wts (4x8-10 reps); 30 min mod
Tuesday, February 17, 2004	upper wts; 3x1500m @ 2000m pace, 5 min rest
Wednesday, February 18, 2004	4x 10 mins (4mins 20' 3 mins 22' 2 mins 24' 1 min 26')x4 moderate
Thursday, February 19, 2004	lower wts; 30 min ss;
Friday, February 20, 2004	3x 20' mod; 10 mins rest (10 mins 22' 10 mins 24')
Saturday, February 21, 2004	upper wts; Blasters 2x{6x(1:30 mins on 2:00 mins off (paddle) Rest 15 mins)
Sunday, February 22, 2004	off ; CRASH B ERG SPRINT IN BOSTON
Monday, February 23, 2004	lower wts (4x8-10 reps); 30 min mod
Tuesday, February 24, 2004	upper wts; 8x500m sprint; 3min rest
Wednesday, February 25, 2004	4x 10 mins (4mins 20' 3 mins 22' 2 mins 24' 1 min 26')x4 moderate
Thursday, February 26, 2004	lower wts; 30 min ss
Friday, February 27, 2004	3x 20' mod; 10 mins rest (10 mins 22' 10 mins 24')
Saturday, February 28, 2004	2 x 2000m race test (both 10 seconds or under of each other)

Pressure	If you pulled a 6000 at 24:00 minutes your average 500m split time is 2:00minutes
50%	Steady State (ss) (22' - 24') Average split would be +10-13 seconds or 2:10- 2:13
60%	Moderate (mod) (24' - 26') Average split would be +6-9 seconds or 2:06 - 2:09
75%	Threshold (26' - 28') Average split would be +2-3 seconds or 2:02-2:03
85%	Race (28' - 32') Average split would be -7-9 seconds 1:51 -1:53
95%	Sprint: (32'- 36') Average split would be -10-13 seconds 1:47- 1:50