

Week of:	Yukon 2011-2012		Weekly Training Stats	
13-Jun	Notes: taper to bike relay (if riding in it)		Work Volume:	214.0
Micro			Relative Intensity	6.4
6	KCIBR week		Laps Short Track	0

Monday	13-Jun	A	B	Monday	A	B
		Vol: 0.0	Vol: 0		Vol: 0	Vol: 18.0
		Int: 0.0	Int: 0.0		Int: 0.0	Int: 8.0
		Laps: 0	Laps:		Laps:	Laps:
					Freebody strength #3	
					refer to the program sheet	
					You may do as written or do one rep of entire program then repeat twice more	

Relative Int: ##

Tuesday	14-Jun	A	B	Tuesday	A	B
		Vol: 0.0	Vol: 0		Vol: 0	Vol: 60
		Int: 0.0	Int: 0.0		Int: 0.0	Int: 6.0
		Laps: 0	Laps:		Laps:	Laps:
					aerobic capacity (ac)	
					Run, Cycle or inline skate	
					60 min.	

Relative Int: ##

Wednesday	15-Jun	A	B	Wednesday	A	B
		Vol: 0.0	Vol: 0		Vol: 0	Vol:
		Int: 0.0	Int: 0.0		Int: 0.0	Int:
		Laps: 0	Laps:		Laps: 0	Laps:

Relative Int: ##

Thursday	16-Jun	A	B	Thursday	A	B
		Vol: 0.0	Vol:		Vol: 0	Vol: 50
		Int: 0.0	Int:		Int: 0.0	Int: 5.5
		Laps: 0	Laps:		Laps:	Laps:
					aerobic capacity (ac)	
					Run, Cycle or inline skate	
					50 min.	

Relative Int: ##

Friday	17-Jun	A	B	Friday	A	B
		Vol: 0.0	Vol: 0		Vol: 0	Vol:
		Int: 0.0	Int: 0.0		Int: 0.0	Int:
		Laps: 0	Laps:		Laps:	Laps:

Relative Int: ##

Saturday	18-Jun	A	B	Saturday	A	B
		Vol: 0	Vol: 0.0		Vol: 0	Vol: 26.0
		Int: 0.0	Int: 0.0		Int: 0.0	Int: 8.5
		Laps: 0	Laps:		Laps:	Laps:
					Race day	
					if not racing: Run, Cycle or inline skate	
					record HR at end of each set	
					1 x (3 x 3"/r.1) R.5' (int 10)	
					1 x (5 x 2"/r.2) R.8' (int 8)	
					1 x (3 x 5"/r.3) (int 7)	

Relative Int: ##

Sunday	19-Jun	A	B	Sunday	A	B
		Vol: 0.0	Vol: 0		Vol: 0	Vol: 60
		Int: 0.0	Int: 0.0		Int: 0.0	Int: 6.0
		Laps: 0	Laps:		Laps:	Laps:
					easy aerobic capacity (ac)	
					run, cycle, or in line skate	
					60 min.	
					recovery intensity:	
					spin light gear, easy terrain	

Relative Int: ##