

Week of:	Yukon 2011-2012		Weekly Training Stats	
30-May	Notes: develop and maintain Aerobic capacity, strength		Work Volume:	257.0
Micro			Relative Intensity	6.5
5	plateau/recovery week		Laps Short Track	0

Monday	30-May	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 #1	
					refer to the program sheet	
					You may do as written or do one rep of entire program then repeat twice more	

Relative Int: ##

Tuesday	31-May	A	B	Tuesday	A	B
		Vol: 0.0	Vol: 0		Vol: 0	Vol: 60
		Int: 0.0	Int: 0.0		Int: 0.0	Int: 5.5
		Laps: 0	Laps:		Laps:	Laps:
					aerobic capacity (ac)	
					Run, Cycle or inline skate	
					60 min.	

Relative Int: ##

Wednesday	01-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	02-Jun	A	B	Thursday	A	B
		Vol: 0.0	Vol:		Vol: 0	Vol: 60
		Int: 0.0	Int:		Int: 0.0	Int: 6.0
		Laps: 0	Laps:		Laps:	Laps:
					aerobic capacity (ac)	
					Run, Cycle or inline skate	
					60 min.	

Relative Int: ##

Friday	03-Jun	A	B	Friday	A	B
		Vol: 0.0	Vol: 0		Vol: 0	Vol: 18
		Int: 0.0	Int: 0.0		Int: 0.0	Int: 8.0
		Laps: 0	Laps:		Laps:	Laps:
					Freebody strength #2	
					refer to the program sheet	
					You may do as written or do one rep of entire program then repeat twice more	

Relative Int: ##

Saturday	04-Jun	A	B	Saturday	A	B
		Vol: 0	Vol: 0.0		Vol: 0	Vol: 60.0
		Int: 0.0	Int: 0.0		Int: 0.0	Int: 5.5
		Laps: 0	Laps:		Laps:	Laps:
					aerobic capacity (ac)	
					Run, Cycle or inline skate	
					60 min.	

Relative Int: ##

Sunday	05-Jun	A	B	Sunday	A	B
	See explanation above but note slightly different workout plan today	Vol:	Vol:		Vol:	Vol: 41
		Int:	Int:		Int:	Int: 9.0
		Laps:	Laps:		Laps:	Laps:
					Easy Sprints (ap)	
					run, cycle, or in line skate	
					1 X (3 X 6"/r.1')R.5' [int 9]	
					2X (3 X 2"/r.3')R 8' [int 8]	

Relative Int: ##