Week of:	YUKON 2011-2012  Notes: develop and maintain Aerobic capacity, strength				Weekly Training Stats		
02-May							
					Work Volume:	146.0	
Micro					Relative Intensity	6.3	
1	Start o	f dryland season			Laps Short Track	0	
		1	_				
Monday	02-May		A B	Monday		A B	
			Vol: Vol:		Franka diyatiran atk #4	Vol: Vol:	
			0.0 0		Freebody strength #1  refer to the program sheet	0 18.0 Int: Int:	
			0.0 0.0		You may do as written or do one rep of	0.0 8.0	
			Laps: Laps:		entire program then repeat twice more	Laps: Laps:	Relative Int:
			0				##
	•						
Tuesday	03-May			Tuesday			
			Vol: Vol:			Vol: Vol:	
			0.0 0		Easy aerobic capacity (ac)	30.0	
			Int: Int:		run, cycle, inline skate	Int: Int:	
			0.0 0.0		minimum 30 min.	5.0	Deletive let
			Laps: Laps:	j	can be continuous or 3 x 10 min	Laps: Laps:	Relative Int: ##
			0		if just starting out		##
Wednesday	04-May			Wednesday			
			Vol: Vol:	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		Vol: Vol:	
			0.0			0 0	
			Int: Int:			Int: Int:	
			0.0 0.0			0.0 0.0	
			Laps: Laps:			Laps: Laps:	Relative Int:
			0			0	##
	05.14			- ·			
Thursday	05-May		Male Male	Thursday		Val. Val.	
			Vol: Vol:		Freebody strength #2	Vol: Vol:	
			Int: Int:		refer to the program sheet	Int: Int:	
			0.0		You may do as written or do one rep of	8.0	
			Laps: Laps:		entire program then repeat twice more	Laps: Laps:	Relative Int:
			0				##
Friday	06-May			Friday			
			Vol: Vol:			Vol: Vol:	
			0.0			0	
			Int: Int: 0.0 0.0			Int: Int:	
			Laps: Laps:			Laps: Laps:	Relative Int:
			0 Laps.			Сарз. Сарз.	##
	1						
Saturday	07-May			Saturday			
		_	Vol: Vol:		easy aerobic power (ap)	Vol: Vol:	
			0 0.0		Run, Cycle or inline skate	0 50.0	
			Int: Int:		(4 x 5 min.) r.4' (after each rep)	Int: Int:	
			0.0 0.0		a little faster than ac	0.0 6.5	
			Laps: Laps:		followed by:	Laps: Laps:	Relative Int:
	<u> </u>		0		easy ac - your choice 30 min.		##
Sunday	08-May		i i	Sunday			
Suriday	Uo-IVIAY		Vol: Vol:	Suriday		Vol: Vol:	
			VOI. VOI.		Easy aerobic capacity (ac)	30	
			Int: Int:		run, cycle, in line skate	Int: Int:	
				,	minimum 30 min.	5.0	
			Laps: Laps:		can be continuous or 3 x 10 min	Laps: Laps:	Relative Int:
	<u></u>				if just starting out		##