

Week of:	Yukon 2011-2012		Weekly Training Stats	
02-May	Notes: develop and maintain Aerobic capacity, strength		Work Volume:	146.0
Micro			Relative Intensity	6.3
1	Start of dryland season		Laps Short Track	0

Monday	02-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:

Relative Int: ##

Tuesday	03-May	A	B	Tuesday	A	B
		Vol: 0.0	Vol: 0		Vol: 0	Vol: 30.0
		Int: 0.0	Int: 0.0		Int: 0.0	Int: 5.0
		Laps: 0	Laps:		Laps:	Laps:

Relative Int: ##

Wednesday	04-May	A	B	Wednesday	A	B
		Vol: 0.0	Vol: 0		Vol: 0	Vol: 0
		Int: 0.0	Int: 0.0		Int: 0.0	Int: 0.0
		Laps: 0	Laps:		Laps:	Laps:

Relative Int: ##

Thursday	05-May	A	B	Thursday	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:

Relative Int: ##

Friday	06-May	A	B	Friday	A	B
		Vol: 0.0	Vol: 0		Vol: 0	Vol: 0
		Int: 0.0	Int: 0.0		Int: 0.0	Int: 0.0
		Laps: 0	Laps:		Laps:	Laps:

Relative Int: ##

Saturday	07-May	A	B	Saturday	A	B
		Vol: 0	Vol: 0.0		Vol: 0	Vol: 50.0
		Int: 0.0	Int: 0.0		Int: 0.0	Int: 6.5
		Laps: 0	Laps:		Laps:	Laps:

Relative Int: ##

Sunday	08-May	A	B	Sunday	A	B
		Vol: 0	Vol: 0		Vol: 0	Vol: 30
		Int: 0.0	Int: 0.0		Int: 0.0	Int: 5.0
		Laps: 0	Laps:		Laps:	Laps:

Relative Int: ##