



**Anaerobic Capacity & Lactate Threshold Training: Block 2 August 6 – 31, 2018**

**Mondays  
Anaerobic Row Intervals**

**Warm-Up:**  
Prehabilitation  
5:00 Cardio w/u

**Conditioning:**

**Week 1**

‘X’ intervals x :30 Cal Row.  
Continue until 3 x 15% losses in calories.

**Week 2**

‘X’ intervals x :45 Cal Row.  
Continue until 2 x 15% losses in calories.

**Week 3**

‘X’ intervals x 1:00 Cal Row.  
Continue until 1<sup>st</sup> 15% loss in calories.

*Parameters*

Complete the first attempt max effort.  
X= Relative number of intervals attained  
with each weeks parameters for stopping.  
Intensity 9-10/10 each interval.  
~1:2-3 Work:Rest Ratio Or near complete  
recovery b/t intervals.

**Week 4 Deload**

20:00 x :30 Row/:30 Rest  
Intensity 6-7/10

**5-minute Cool-Down**

**Core/Flexibility/Myofascial Release:**  
Lower body & Trunk  
2-3 Sets x :30-:60 each muscle group

**Wednesdays  
LT Run Intervals**

**Warm-Up:**  
Prehabilitation  
5:00 Cardio w/u

**Conditioning:**

**Week 1**

2 x 20 min at an intensity sustainable for 1  
hour, 5 min active recovery b/t sets

**Week 2**

3 x 10 min at an intensity sustainable for 30  
mins, 2-3 min active recovery b/t sets

**Week 3**

6 x 5 min at an intensity sustainable for 30  
min, 1 min active recovery b/t sets

*Parameters*

Intensity 8-9/10.

**Week 4 Deload**

30 min at an intensity sustainable for 1 hour

**5-minute Cool-Down**

**Core/Flexibility/Myofascial Release:**  
Lower body & Trunk  
2-3 Sets x :30-:60 each muscle group

*\*Non-impact options can be used instead.*

**Fridays  
Ruck ‘n Burpees**

**Warm-Up:**  
Prehabilitation  
5:00 Cardio w/u

**Conditioning:**

**Week 1**

5 sets x Ruck at a maximal pace for 2:00,  
then perform Burpees for 1:00, perform 2  
rotations then recovery ruck for 3:00.

**Week 2**

4 sets x Ruck at a maximal pace for 3:00,  
then perform Burpees for 1:00, perform 2  
rotations then recovery ruck for 4:00.

**Week 3**

3 sets x Ruck at a maximal pace for 5:00,  
then perform Burpees for 1:00, perform 2  
rotations then recovery ruck for 6:00.

*Parameters*

Record distance attained, and burpees  
completed each week.

**Week 4 Deload**

40 min Ruck at a sustainable intensity.  
Every 5 minutes complete 6 Burpees.

**5-minute Cool-Down**

**Core/Flexibility/Myofascial Release:**  
Lower body & Trunk  
2-3 Sets x :30-:60 each muscle group