MASQ TRAINING

	DAY 1: Bike Aerobic Capacity	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	stays same	20 Minutes Max Cal Ass Bike	divide total cals from week 1 by 8 perform 8 sets with equal work to rest example: 200 cals in test week 1, so 8 sets of 25 cals w/ W=R	divide total cals from week 1 by 4 perform 4 sets with rest 3/4 work time example: 200 cals in test week 1, so 4 sets of 50 cals w/ W=3/4R 60s work = 45s rest	divide total cals from week 1 by 2 perform 2 sets with rest 1/2 work time example: 200 cals in test week 1, so 2 sets of 1000 cals w/ W=1/2R 60s work = 30s rest	

	DAY 2: Row Aerobic	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1a	row	every 2:30 x 8 descending splits 500m	every 2:30 x 10 same splits 500m	every 2:30 x 12 same splits 500m	5k for time 18:40	

	DAY 3: Ski Aerobic	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1a	ski	50s On/10s Off x20 nasal	50s On/10s Off x25 nasal	50s On/10s Off x30 nasal	20 min max ski nasal	

	DAY 4: Bike Lactic	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1A	ass bike off = light	20s on/1:40 off x 8. directly into 20s on/40s off x 8.	20s on/1:40 off x 8 directly into 20s on/40s off x 8	20s on/1:40 off x 10 directly into 20s on/40s off x 10	20s on/1:40 off x 10 directly into 20s on/40s off x 10	

	DAY 5: Row Lacitc	WEEK 1	WEEK 2	WEEK 3	WEEK 4	NOTES
1a	row off = light	30s on/2:00 off x6 directly into 1:30s/500m 30s on/ 60s off x6 <1:35s/500m	30s on/2:00 off x6 directly into 30s on/ 60s off x6	30s on/2:00 off x8 directly into 30s on/ 60s off x8	30s on/2:00 off x8 directly into 30s on/ 60s off x8	

https://www.masqtraining.com/