ASQ						MASQ TR	AINING					
	DAY 1: run Aerobic Capacity			WEEK 1		WEEK 2		WEEK 3			WEEK 4	
1A	run			50s run/10s walk x 20		50s run/10s walk x 25		50s run/10s walk x 25		50s run/10s walk x 30	50s run/10s walk x 30	
	nasal											
	DAY 2: D-:	Abi										NOTES
	DAY 2: Row Aerobic + gymnastic capacity			WEEK 1		WEEK 2		WEEK 3			WEEK 4	
1a	24 min row			every 3 minutes: 5 t2b		every 3 minutes: 6 t2b		every 3 minutes: 7	t2b	every 3 minutes: 7 t2b		
	nasal			record distance		record distance		record distance		record distance		
	goal is to hit same distance with increasing t2b rep scheme each week											
	DAY 3: Ski Alactic & gymnastic sprint			WEEK 1		WEEK 2		WEEK 3			WEEK 4	
1a	ski			every 2 min x 10		every 2 min x 10		every 2 min x 10		every 2 min x 10		
				:15 ski sprint into 4 SHSPU		:15 ski sprint into 5 SHSPU		:15 ski sprint into 5	SHSPU	:15 ski sprint into 6 SHS	PU	
	DAY 4: Bike Aerobic gymnastic capaci			WEEK 1		WEEK 2		WEEK 3			WEEK 4	
lΑ	24 min bike			every 3 minutes: 3 BMU		every 3 minutes: 4 BMU		every 3 minutes: 4	BMU	every 3 minutes: 5 BMU		
	nasal			record distance		record distance		record distance		record distance		
	goal is to hit same distance with increasing bmu rep scheme each week											
	DAY 5: Bike Lacitc		citc	WEEK 1		WEEK 2		WEEK 3		WEEK 4		NOTES
la	bike			:30 on/ 1:30 off x6		:30 on/ 1:30 off x7		:30 on/ 1:30 off x7		:30 on/ 1:30 off x8		
				into		into		into		into		
				:30 on/ :30 off x6		:30 on/ :30 off x7		:30 on/ :30 off x7		:30 on/ :30 off x8		
					I	https://www.mase	otraining co	m/				