

## Code to Indoor Workouts on Calendar

L4	Base/ Steady State/ HR @ 65%	SR 18-22 Focus on Split and rate	Done in 10' increments Rate prescribed (4/3/2/1@ 16/18/20/22—or simply 5/5 @ 18/20) Drag 110-115	65-70% of training	3 times/ wk	
L3	Long and low/ Steady State HR a bit higher than L4-less rest	SR 18-22 Focus on distance/ rate	Done in distances above 4K: 12K, 10k, 2x 6K, 3x 4k Drag 110-115	25% of training	1 time/ wk	
L2	AT / HR @ 80-90%	Open SR, Distance =7.5 K total w/ rest	5x1500, 4x2k, 7.5 pyramid Drag 105-110	8% of training	1 time/ 2weeks	
L1	Above AT/ HR = max	Open SR Pace= 2k pr pace or faster	8x 500, 4x1k, 2k Drag 105-110	3-4% of training	1 time/ 2weeks	

### Approx Weekly totals

L4 130 minutes

L3 40 minutes

L2 25 minutes of work/ L1 15 minutes of work

Total for week (work minutes) = 185-175

### 8' Warm up for L4, L3

Sample: 2' @ 18  
2' @ 20  
20 strokes at 6k split  
2' @ 18  
20 strokes at 28 SR, 6k pace

### 15' Warm-up for L2, L1

**1000 m Cool Down after every practice.**