

All Training Sessions

1:cycling by John Doe

Stay within your endurance zone - 16 kilometers for 40 minutes (added:2013-08-20 17:47:15)

Intervals

Turbo,rollers or spin class at 7 level for 40 minutes

Taken By

Michael Scofield - completed at 2013-09-04 12:54:09

2:running by Doncho Raev

Note time and heart rate - 14 kilometers for 40 minutes (added:2013-08-21 23:53:40)

Intervals

Warm-up at 4 level for 10 minutes

Run while nose breathing at 6 level for 30 minutes

Taken By

Kevin Doyle

3:swimming by Doncho Raev

Swim - 3 kilometers for 20 minutes (added:2014-10-22 20:05:22)

Intervals

Easy swim drills done perfectly at 6 level for 10 minutes

Aqua jog steady at 8 level for 10 minutes

Taken By

Kevin Doyle

Richie Ryan - completed at 2014-10-22 20:05:50

4:running by John Doe

Basic run - 10 kilometers for 25 minutes (added:2013-08-22 14:42:34)

Intervals

with shorter stride and quiet footfall at 6 level for 25 minutes

Taken By

Duncan McLoud

5:cycling by Stoyan Paunov

Turbo or rollers - 20 kilometers for 50 minutes (added:2013-08-22 09:17:04)

Intervals

Focus on increased pedal downstroke effort for 5 rpm on alternate legs at 5 level for 50 minutes

Taken By

Tereza Dimova

6:swimming by Stoyan Paunov

Focus on 75m intervals of smooth, fast and stroke counting length - 2 kilometers for 15 minutes (added:2013-08-21 22:50:28)

Intervals

Rest 20 seconds between each 75m at 8 level for 18 minutes

Taken By

Mariana Trifonova - completed at 2013-08-22 14:24:24