

Group Workouts

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Mon	Tue	Wed	Thu	Fri	Sat	Sun	
	Week 3						HOURS 7:00 TR 7:00 TSS 600 TR 625
	<b>Hunter -1</b> 02:00:00 123 DURATION 123	<b>Eclipse</b> 01:30:00 104 DURATION 104	<b>Antelope +5</b> 02:00:00 129 DURATION 129	<b>Fletcher</b> 01:30:00 65 DURATION 100	<b>Galena +3</b> 02:00:00 137 DURATION 100	<b>Wright Pe...</b> 02:00:00 127 DURATION 100	
	TR	TR	TR	TR	TR	TR	
17	18	19	20	21	22	23	Wk 34
	Week 4						HOURS 7:00 TR 7:00 TSS 700 TR 700
	<b>Tallac +3</b> 02:00:00 135 DURATION 100	<b>Tallac +2</b> 01:30:00 104 DURATION 100	<b>Juneau -1</b> 02:00:00 129 DURATION 100	<b>Andrews</b> 01:30:00 73 DURATION 100	<b>Wright Pe...</b> 02:00:00 143 DURATION 100	<b>Antelope +5</b> 02:00:00 129 DURATION 100	
	TR	TR	TR	TR	TR	TR	
24	25	26	27	28	29	30	Wk 35
	Week 5						HOURS 7:00 TR 7:00 TSS 700 TR 700
	<b>Tallac +3</b> 02:00:00 135 DURATION 100	<b>Tallac +2</b> 01:30:00 104 DURATION 100	<b>Juneau -1</b> 02:00:00 129 DURATION 100	<b>Andrews</b> 01:30:00 73 DURATION 100	<b>Wright Pe...</b> 02:00:00 143 DURATION 100	<b>Antelope +5</b> 02:00:00 129 DURATION 100	
	TR	TR	TR	TR	TR	TR	



# Trainerroad Workouts

**Xiang Xie**



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