

Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday



<b>31<sup>st</sup> Dec</b>		Butter 59 mins		Getting Away With It 48 mins	It Seemed Like Thin Air @ 90%-150 mins	
<b>7<sup>th</sup> Jan</b>	DTPWD Igniter + The Long Scream @ 80%	DTPWD Igniter + The Long Scream @ 80%	DTPWD Do As You're Told @ 90%	DTPWD G.O.A.T	DTPWD To Get To The Other Side	
<b>14<sup>th</sup> Jan</b>	DTPWD Butter	DTPWD Butter	DTPWD The Way Out	DTPWD Power Station	DTPWD The Wretched @ 90%	
<b>21<sup>st</sup> Jan</b>	DTPWD Elements of Style + Extra Shot	DTPWD Elements of Style + Extra Shot	DTPWD Cadence Builds or Violator @ 80%	DTPWD Who Dares	DTPWD Getting Away With It @ 95%	
<b>28<sup>th</sup> Jan</b>	DTPWD Revolver	DTPWD Revolver	DTPWD The Downward Spiral	DTPWD Mini Blender	DTPWD The Tool Shed @ 90%	
<b>4<sup>th</sup> Feb</b>	DTPWD A Very Dark Place @ 85%	DTPWD A Very Dark Place @ 85%	DTPWD Thin Air	DTPWD Defender	DTPWD Hell Hath No Fury @ 95%	
<b>11<sup>th</sup> Feb</b>	DTPWD Getting Away With It	DTPWD Getting Away With It	DTPWD The Best Thing In The World @ 85=90%	DTPWD Primers	DTPWD The Half Monty	
<b>18<sup>th</sup> Feb</b>	DTPWD Cadence Builds and Holds	DTPWD Cadence Builds and Holds	DTPWD Nine Hammers	DTPWD The Chores	DTPWD 14 Vice Grips	

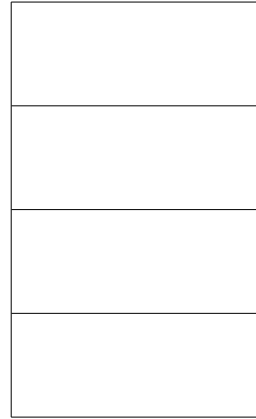
DO THE PLAN WITH DAN



Workout	Performance Benefit	Workout	Performance Benefit
A Very Dark Place 55 mins	MAP	ISLAGIATT 118mins	FTP
Downward Sprial 60 minutes	MAP + AC + NM	The Blender 100 mins	MAP + FTP + AC
The Shovel 59 minutes	MAP + AC + NM	It Seemed Like Thin Air 150 mins	FTP
There is No Try 60 minutes	AC + MAP + FTP	Local Hero 85 minutes	MAP + AC + FTP
Violator 59 mins	NM + AC	Mini Blender 58 mins	FTP + MAP + AC
Mini Shovel 47 minutes	MAP + AC + NM	Hell Hath No Fury 75 mins	FTP + MAP
Nine Hammers 55 mins	MAP + FTP + AC	Hell Hath No Fury 60 mins	FTP + MAP
Revolver 45 mins	MAP + AC	Who Dares 54 mins	FTP + AC
Do as You're Told 44 minutes	AC + MAP + NM	Butter 59 mins	FTP + MAP
The Chores 58 mins	MAP + FTP	G.O.A.T 45 mins	FTP+NM
The Trick 59 mins	AC + FTP	Defender 59 mins	FTP
The Tool Shed 59 mins			



end



Workout	Performance Benefit
The Hunted 60 mins	FTP
The Wretched 48 mins	FTP
Thin Air 60 minutes	FTP
Angels 56 mins	FTP + MAP
Power Station 50 mins	FTP
The Way Out 60 mins	FTP
To Get To The Other Side	FTP
Getting Away With It 48 mins	FTP

Workout	Performance Benefit
Half Is Easy 39 minutes + Optional Extra Shot	AC + MAP
Igniter + The Best Thing in The World – short 50 mins	AC + MAP
Told off by Angels 55 mins	AC + MAP
Revolver is Easy 46 minutes	MAP + AC
Igniter + Revolver Is Easy 66 mins	MAP + AC
Igniter + The Long Scream 55 mins	FTP
The Best Way Is Blended 64 mins	AC + MAP
Igniter + Half is Easy 60 mins	

Workout
Elements of Style
Full Frontal 60 mins
Standing Starts+ 45 minutes
The Best Thing In The World 48 minutes
The Omnium 50 mins
The Rookie 55 mins
Extra Shot 20 mins
Fight Club 59 mins



Performance Benefit

FTP

Fitness Test

AC + MAP

MAP + AC +  
NM

FTP

FTP

AC + FTP

