

Name: \_\_\_\_\_

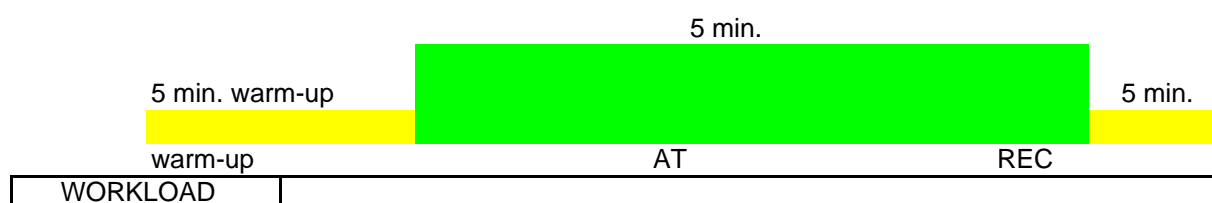
Recovery Zone:  Heart Rate \_\_\_\_\_

AT  Heart Rate \_\_\_\_\_

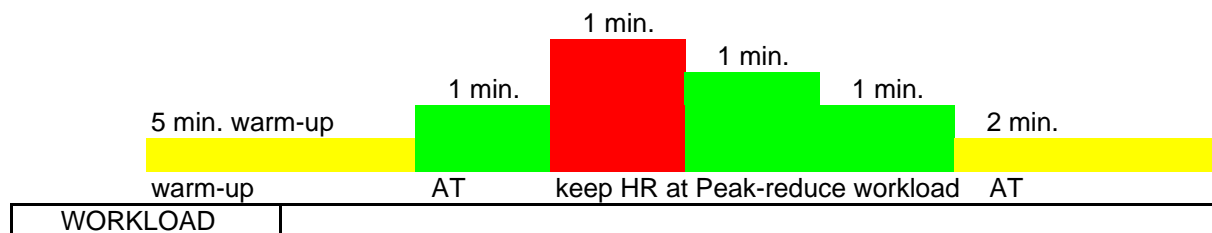
Peak Training:  Heart Rate \_\_\_\_\_

## CARDIO STRENGTH

### Low Intensity

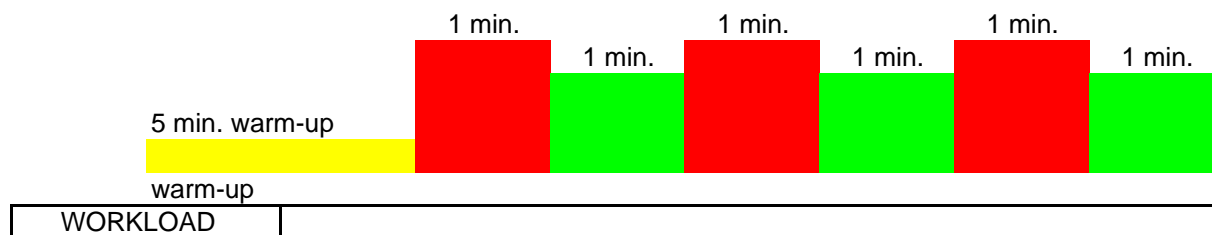


### Med Intensity



1 min. climb at AT is to get to Peak as fast as possibly

### High Intensity



repeat until 1 min recovery become off by more than 5 bpm