

Name _____
Date _____

Week 9

Zone 1	Recovery		Heart Rate _____
Zone 2	Anaerobic Threshold		Heart Rate _____
Zone 3	Peak/ Interval		Heart Rate _____

Day 1

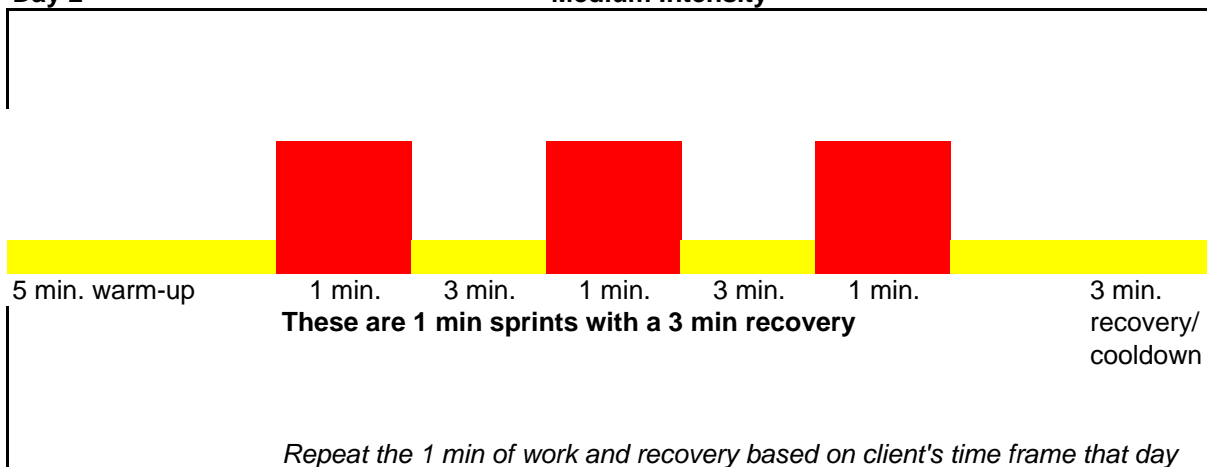
Recovery Day

5 minute warm-up

30-60 minutes workout

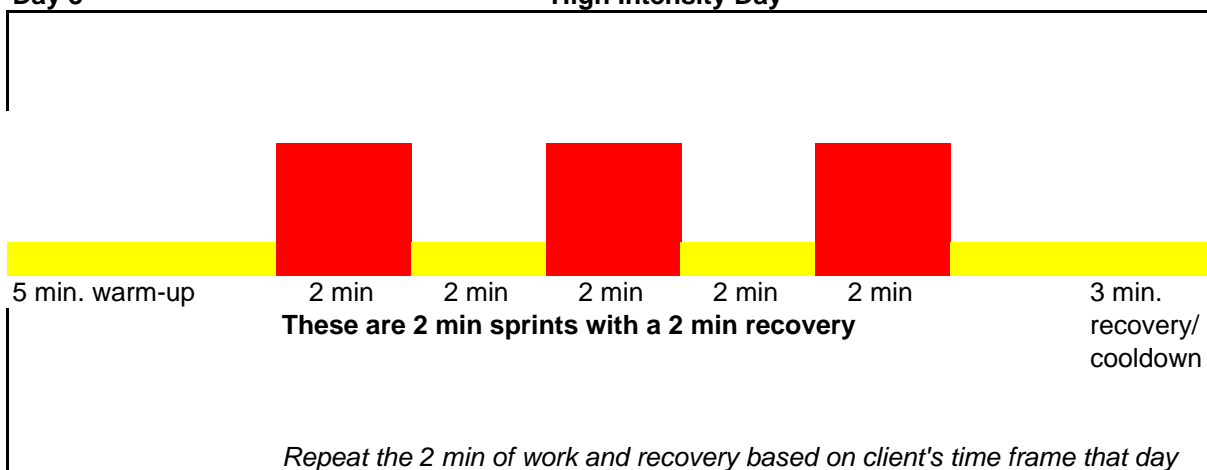
Day 2

Medium Intensity



Day 3

High Intensity Day



Rotate the three workouts