

Name: _____

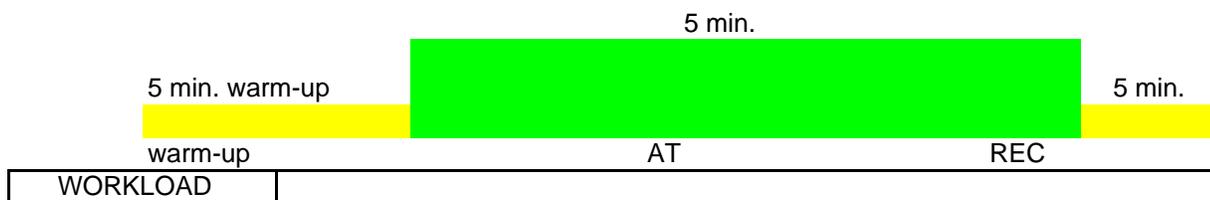
Recovery Zone:  Heart Rate _____

AT  Heart Rate _____

Peak Training:  Heart Rate _____

CARDIO STRENGTH

Low Intensity

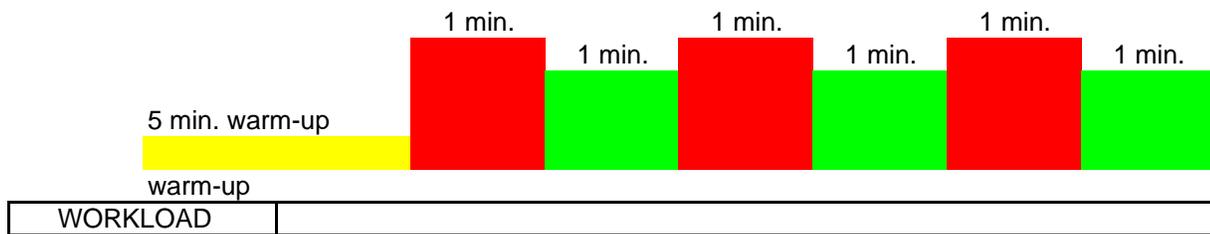


Med Intensity



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