

Peak Training:

	Heart Rate _____
	Heart Rate _____
	Heart Rate _____

5 min. warm-up

WORKLOAD	
Heart Rate	

5 min. warm-up



warm-up

repeat 2-4 x

recovery

WORKLOAD	60% 90%	70% 80%	70% 90%	70% 80%	70% 90%	70% 80%	70%	60%
Heart Rate								

5 min. warm-up



warm-up

repeat 6-12 x

recovery

WORKLOAD	60% 90%	70% 90%	70% 90%	70% 90%	70% 90%	70% 90%	70% 60%
Heart Rate							