Name
Recovery Zone: Heart Rate _____
Anaerobic Threshold: Heart Rate _____
Peak Heart Rate _____
final- line

Low Intensity Day

5 min. warm-up

WORKLOAD	

Medium Intensity

5 min. warm-up 5y 20y 5y 30y 5y 20y 5y 30y 5y 20y 5y 30y 2 m cool

warm-up

WORKLOAD					65%
Heart Rate					

High Intensity

5 min. warm-up 30y 10y 20y 15y 45y 30y 10y 20y 15y 45y 20y 10y 2 m cool

warm-up

WORKLOAD	60% 75%	90% 70%	95% 65% 75%	90% 70%	95% 65% 75%	95% 65%
Heart Rate						

Rotate Workouts

Pre High Intensity workout- optional

5 min. warm-up 5 yd 5 yd 5 yd 5 yd 5 yd 5 yd 5yd 5 yd 5 yd 5 yd 5 yd

Do it until they hit peak- then go to normal workout
use pulling, drop, lead steps

Comments: