Name

Recovery Zone: Heart Rate _____

Anaerobic Threshold: Heart Rate _____

Peak Training: Heart Rate _____

Low Intensity Day

5 min. warm-up

WORKLOAD	
Heart Rate	

Medium Intensity

:10 :15 :10 :15 :10 :15

:30 :30 :30 :30 :30 :30

5 min. warm-up 2 m cool

warm-up

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

High Intensity

:15 :10 :15 :10 :15 :10

:30 :30 :30 :30 :30 :30

5 min. warm-up 3 m cool

warm-up

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