

Name _____

Recovery Zone: _____

Anaerobic Threshold: _____

Peak _____

Heart Rate	_____
Heart Rate	_____
Heart Rate	_____

Low Intensity Day

5 min. warm-up



WORKLOAD														
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Medium Intensity

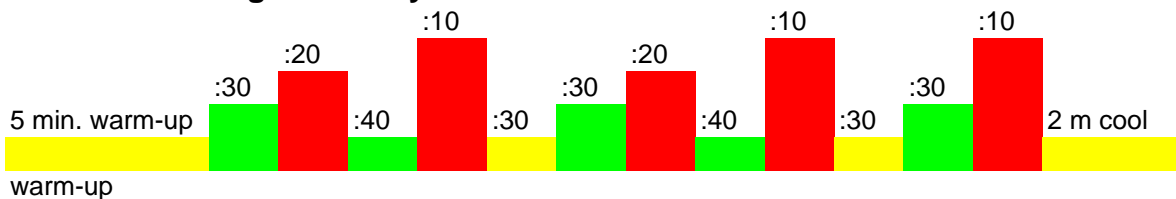
5 min. warm-up



WORKLOAD						65%
Heart Rate						

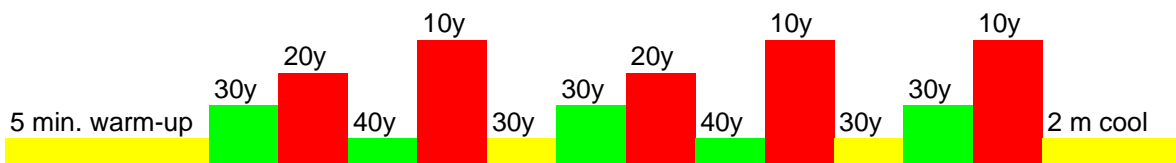
Versa or bike

High Intensity



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

Rotate Workouts



Heart Rate														
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Comments: _____