

Name

Recovery Zone:

Anaerobic Threshold:

Peak Training:

Heart Rate _____
 Heart Rate _____
 Heart Rate _____

Basketball

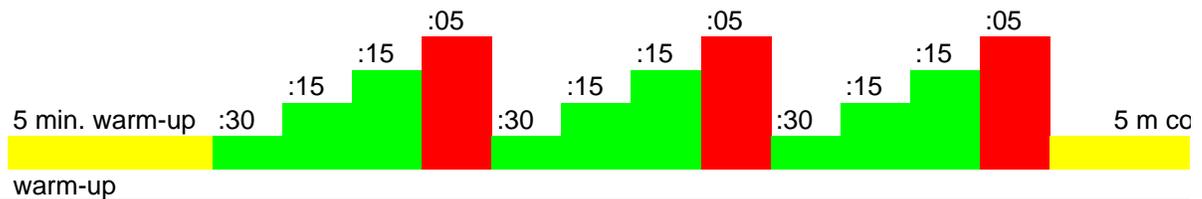
Low Intensity Day

5 min. warm-up



WORKLOAD	
Heart Rate	

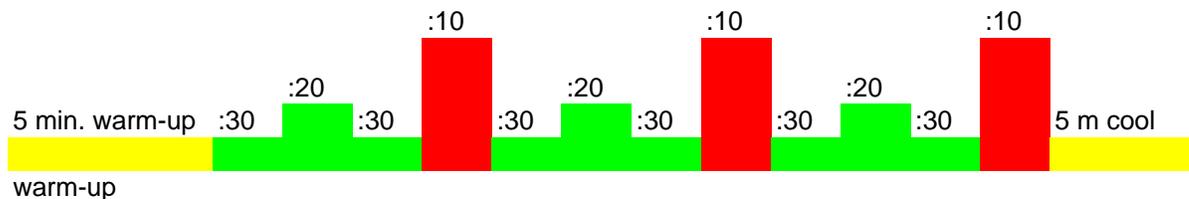
Medium Intensity



WORKLOAD	60%	75%	80%	85%	90%	75%	80%	85%	90%	75%	80%	85%	90%	65%
Heart Rate														

During the interval you will increase speed over 1 min. with all out sprint for :05, repeat after recovery

High Intensity



WORKLOAD	60%	75%	80%	75%	90%	75%	80%	75%	90%	75%	80%	75%	90%	65%
Heart Rate														

During the interval you will increase speed over 80 sec with all out sprint for :10, repeat after recovery

Rotate Workouts

Comments:

