

Name

Recovery Zone:

Anaerobic Threshold:

Peak Training:

Heart Rate _____
 Heart Rate _____
 Heart Rate _____

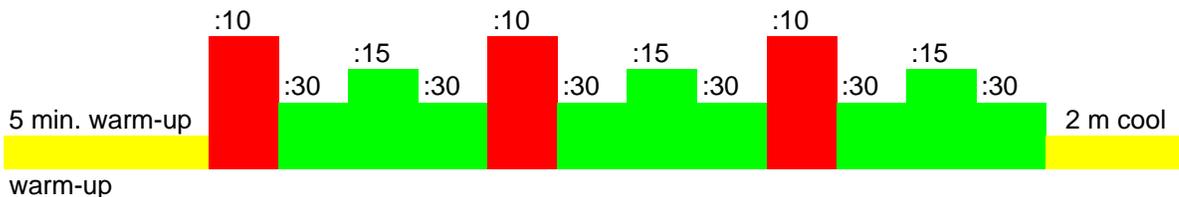
Low Intensity Day

5 min. warm-up



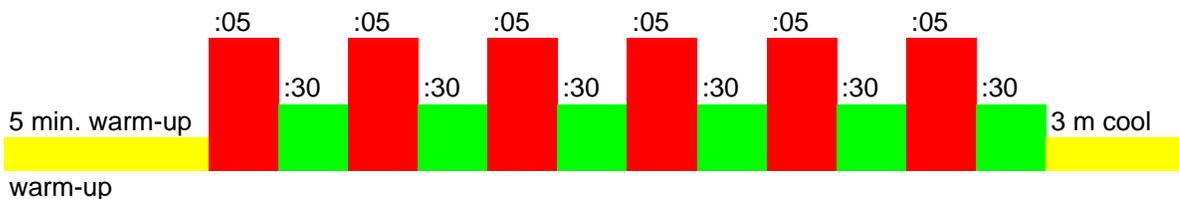
WORKLOAD	
Heart Rate	

Medium Intensity



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

High Intensity



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