

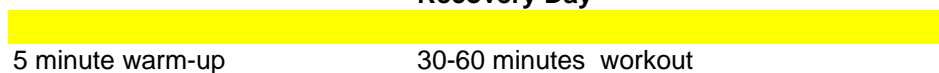
Name \_\_\_\_\_  
Date \_\_\_\_\_

## Week 6

Zone 1	Recovery		Heart Rate _____
Zone 2	Anaerobic Threshold		Heart Rate _____
Zone 3	Peak/ Interval		Heart Rate _____

Day 1

Recovery Day



Day 2

Medium Intensity

