

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



5 m cool

warm-up

WORKLOAD															65%
Heart Rate															

### High Intensity

5 min. warm-up



2 m cool

warm-up

WORKLOAD	65%	95%	75%	95%	65%	95%	75%	95%	65%	95%	65%	75%	95%	65%
Heart Rate														

### Rotate Workouts

### High Intensity option

bike or versa

5 min. warm-up



2 m cool

warm-up

WORKLOAD	65%	95%	75%	95%	65%	95%	75%	95%	65%	95%	65%	75%	95%	65%
Heart Rate														