

Name
Date

Week 5

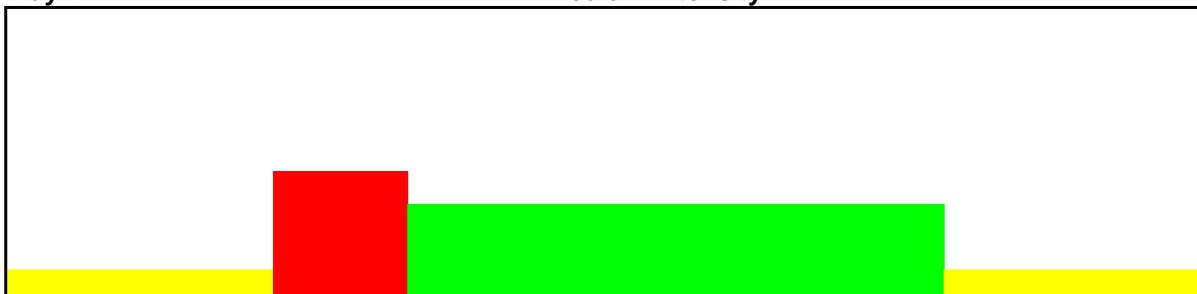
Zone 1	Recovery		Heart Rate _____
Zone 2	Anaerobic Threshold		Heart Rate _____
Zone 3	Peak/ Interval		Heart Rate _____

Day 1 Recovery Day



5 minute warm-up 30-60 minutes workout

Day 2 Medium Intensity

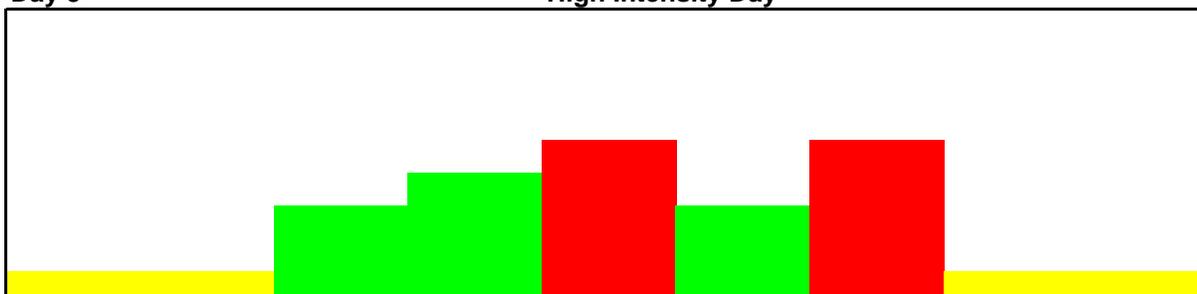


warm-up 5-10 min. :30 4:30 min 2-3 min. recovery/ cooldown

The goal is to use the :30 sprint at the beginning of the sprint to get the HR to the top of zone two, then hold that intensity for the next 4:30 min.

Repeat the 5 min of work and recovery 3x on different pieces of equipment

Day 3 High Intensity Day



warm-up 5-10 min. 1 min 1 min 1 min 1 min 1 min 2-3 min. recovery/ cooldown

Slowly increase workload to take client through AT zone
After 1 min overload to peak, watch recovery HR for 1 min
If recovery is good then overload again to peak zone

Repeat the 5 min of work and recovery 3x on different pieces of equipment

Rotate the three workouts