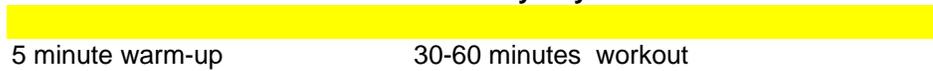


Name _____
Date _____

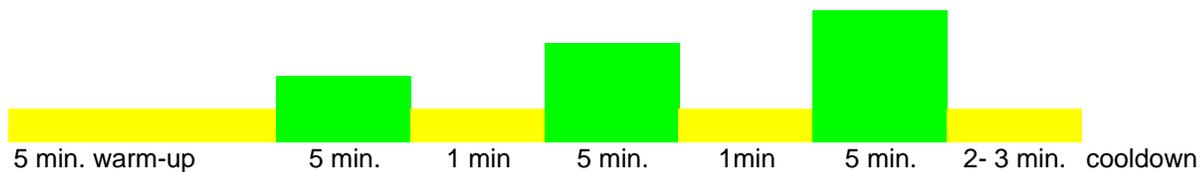
Week 2

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

Day 1 **Recovery Day**

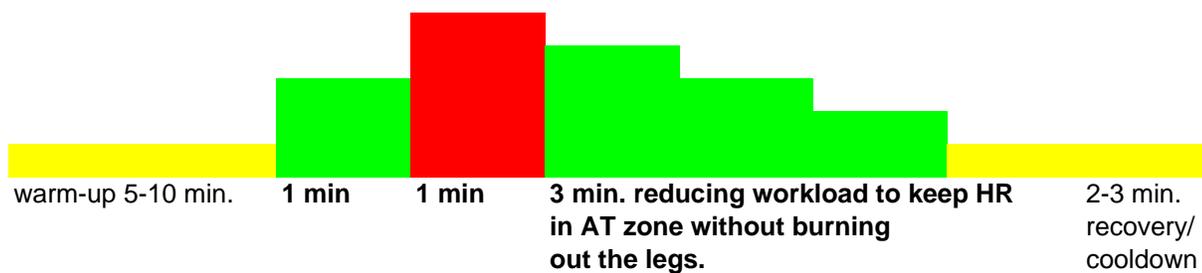


Day 2 **Medium Intensity**



Goal is to build a strong cardio base. Use a different piece of equipment for each of the five minute intervals.

Day 3 **High Intensity Day**



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

Rotate the three workouts