Name
Recovery Zone: Heart Rate _____
Anaerobic Threshold: Heart Rate _____
Peak Heart Rate _____
sprint-line

## Low Intensity Day

5 min. warm-up

| | |
|---|---|
| WORKLOAD | |

## Medium Intensity

10 min

5 min. warm-up 2 m cool

warm-up

| | | | | | |
|---|---|---|---|---|---|
| WORKLOAD | | | | | 65% |
| Heart Rate | | | | | |

## High Intensity

30y 10y 15y 30y 10y 15y 10y

5 min. warm-up 20y 45y 20y 45y 20y 2 m cool

warm-up

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| WORKLOAD | 60% | 75% | 90% | 70% | 95% | 65% | 75% | 90% | 70% | 95% | 65% | 75% | 95% | 65% |
| Heart Rate | | | | | | | | | | | | | | |

## Rotate Workouts

versa or bike

:30 :10 :15 :30 :10 :15 :15

5 min. warm-up :20 :50 :20 :50 :30 2 m cool

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| WORKLOAD | 60% | 75% | 90% | 70% | 95% | 65% | 75% | 90% | 70% | 95% | 65% | 75% | 95% | 65% |
| Heart Rate | | | | | | | | | | | | | | |

**Comments:**