

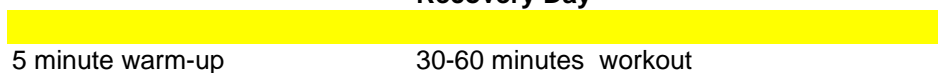
Name _____
Date _____

Week 12

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

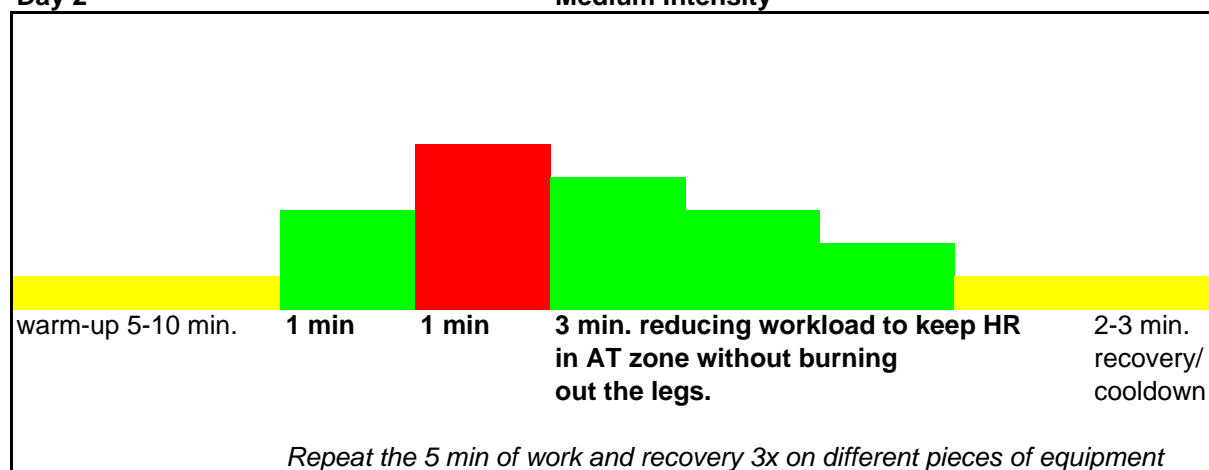
Day 1

Recovery Day



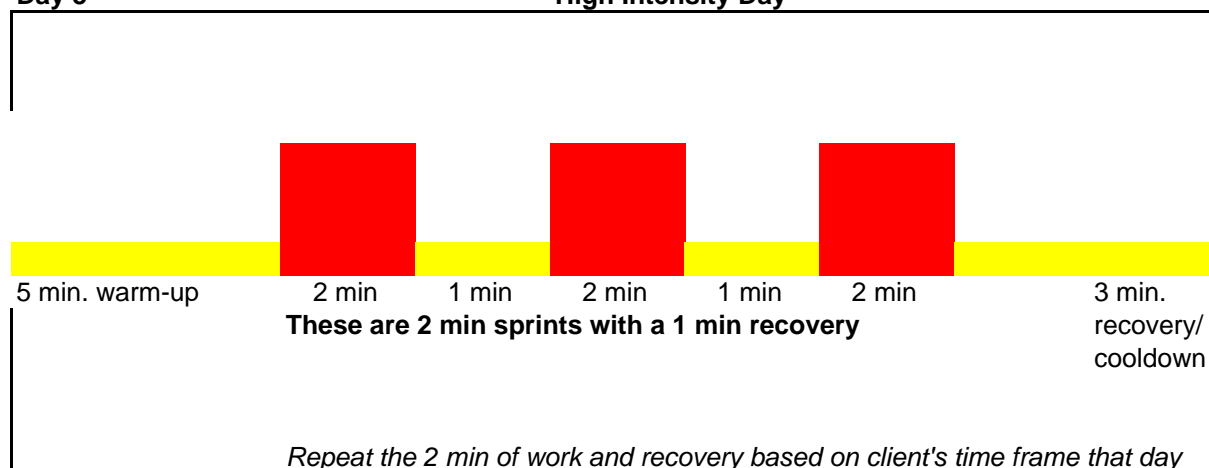
Day 2

Medium Intensity



Day 3

High Intensity Day



Rotate the three workouts