

**Name**

Recovery Zone:

Anaerobic Threshold:

Peak Training:

Heart Rate \_\_\_\_\_  
 Heart Rate \_\_\_\_\_  
 Heart Rate \_\_\_\_\_

Soccer In-seson

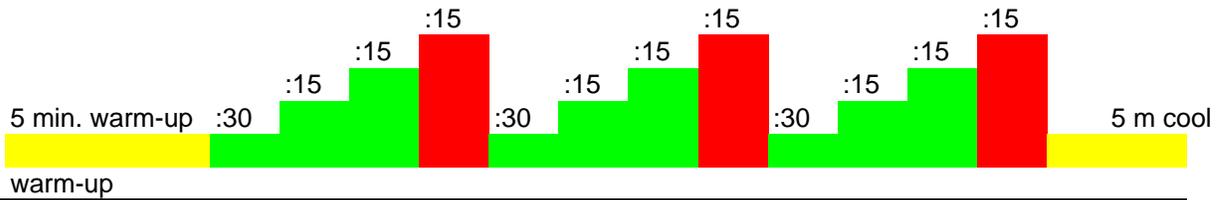
**Low Intensity Day**

5 min. warm-up



WORKLOAD	
Heart Rate	

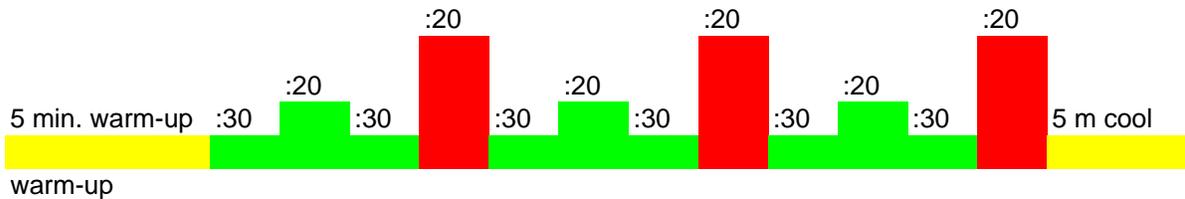
**Medium Intensity**



WORKLOAD	60%	75%	80%	85%	90%	75%	80%	85%	90%	75%	80%	85%	90%	65%
Heart Rate														

During the interval you will increase speed over 1 min. with all out sprint for :15, repeat after recovery

**High Intensity**



WORKLOAD	60%	75%	80%	75%	90%	75%	80%	75%	90%	75%	80%	75%	90%	65%
Heart Rate														

During the interval you will increase speed over 80 sec with all out sprint for :20, repeat after recovery

**Rotate Workouts**

Comments: