

Name _____

Recovery Zone: _____

Anaerobic Threshold: _____

Peak Training: _____

Heart Rate _____
Heart Rate _____
Heart Rate _____

Low Intensity Day

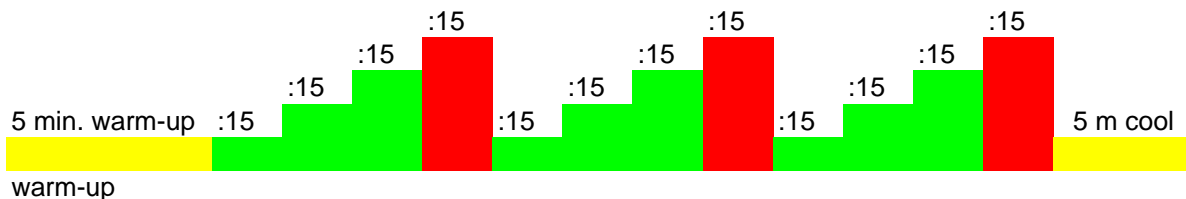
5 min. warm-up



WORKLOAD	
Heart Rate	

Medium Intensity

add foot and ball drills

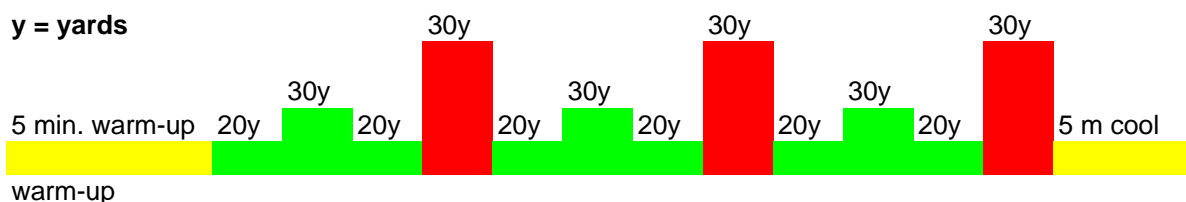


WORKLOAD	60%	75%	80%	85%	90%	75%	80%	85%	90%	75%	80%	85%	90%	65%
Heart Rate														

During the interval you will increase speed over 45 sec with all out sprint for :15, repeat after recovery

High Intensity

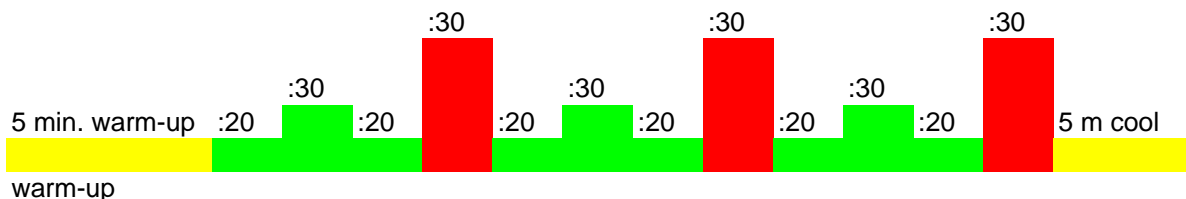
y = yards



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 70 sec with all out sprint for :30, repeat after recovery

High Intensity option



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 70 sec with all out sprint for :30, repeat after recovery