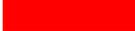


Name _____
Date _____

Week 9

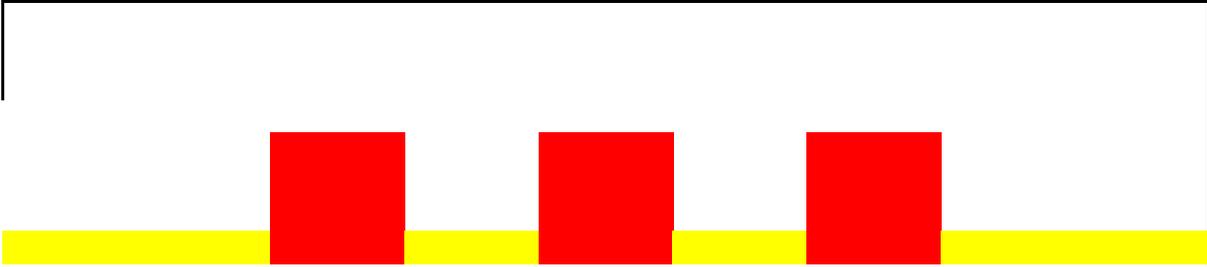
Zone 1	Recovery		Heart Rate _____
Zone 2	Anaerobic Threshold		Heart Rate _____
Zone 3	Peak/ Interval		Heart Rate _____

Day 1 **Recovery Day**



5 minute warm-up 30-60 minutes workout

Day 2 **Medium Intensity**



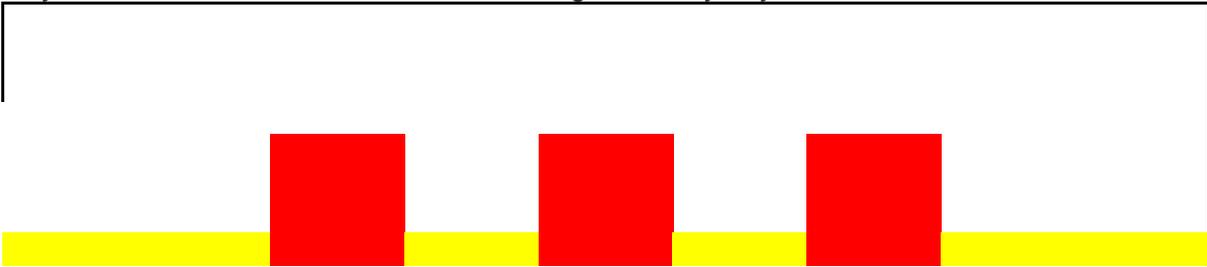
5 min. warm-up 1 min. 3 min. 1 min. 3 min. 1 min. 3 min.

These are 1 min sprints with a 3 min recovery

recovery/
cooldown

Repeat the 1 min of work and recovery based on client's time frame that day

Day 3 **High Intensity Day**



5 min. warm-up 2 min 2 min 2 min 2 min 2 min 3 min.

These are 2 min sprints with a 2 min recovery

recovery/
cooldown

Repeat the 2 min of work and recovery based on client's time frame that day

Rotate the three workouts