Name
Recovery Zone: Heart Rate _____
Anaerobic Threshold: Heart Rate _____
Peak Heart Rate _____

Low Intensity Day

5 min. warm-up

WORKLOAD	

Medium Intensity

5 min. warm-up 5 m cool

warm-up

WORKLOAD					65%
Heart Rate					

Versa or bike

High Intensity

:30 :20 :40 :10 :30 :30 :20 :40 :10 :30 :30 :10

5 min. warm-up 2 m cool

warm-up

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

Rotate Workouts

30y 20y 40y 10y 30y 30y 20y 40y 10y 30y 30y 10y

5 min. warm-up 2 m cool

Heart Rate	

Comments: