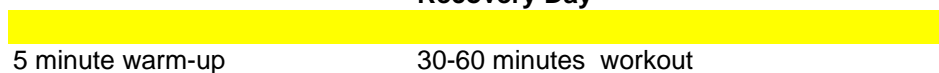


Name _____
Date _____

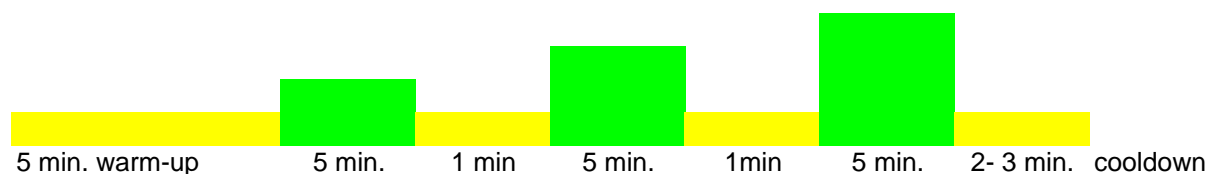
Week 2

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

Day 1 Recovery Day

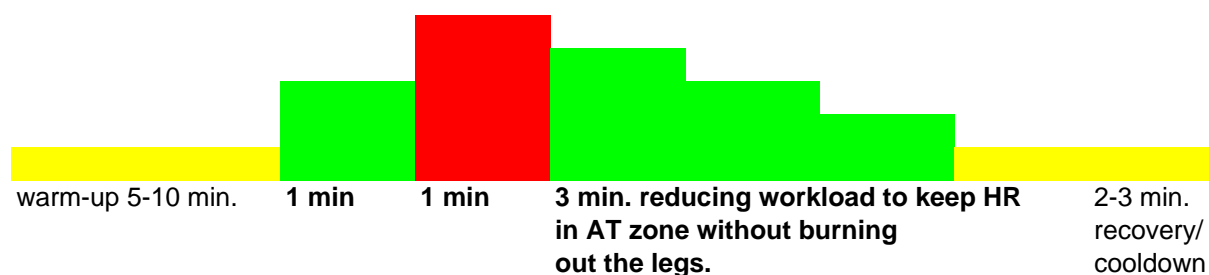


Day 2 Medium Intensity



Goal is to build a strong cardio base. Use a different piece of equipment for each of the five minute intervals.

Day 3 High Intensity Day



Repeat the 5 min of work and recovery 3x on different pieces of equipment

Rotate the three workouts