

Name: \_\_\_\_\_

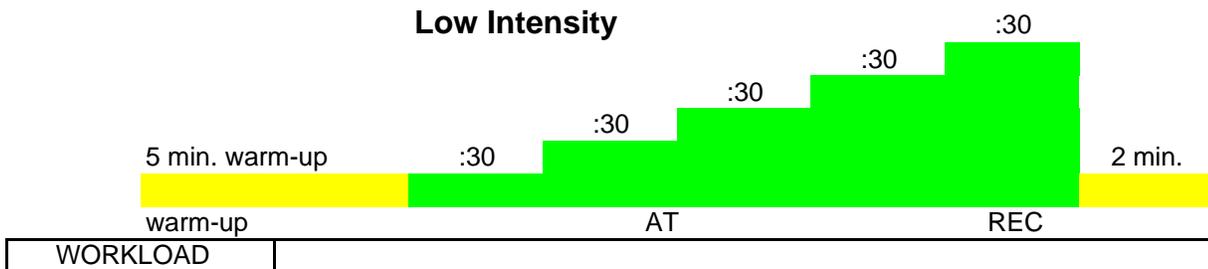
Recovery Zone:  Heart Rate \_\_\_\_\_

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

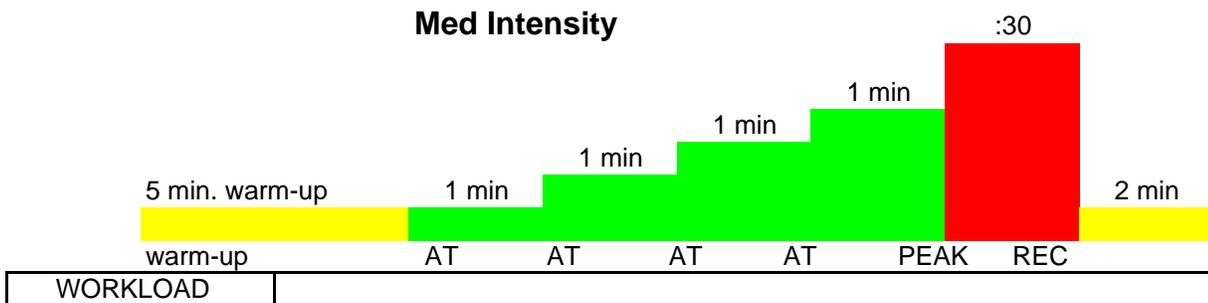
Peak Training:  Heart Rate \_\_\_\_\_

## LEG Strength

### Low Intensity



### Med Intensity



### High Intensity

