

Recovery Zone:

Heart Rate _____

Heart Rate _____

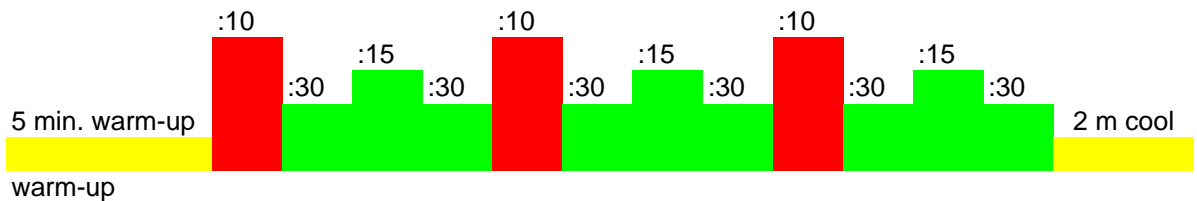
Heart Rate _____

Low Intensity Day

5 min. warm-up

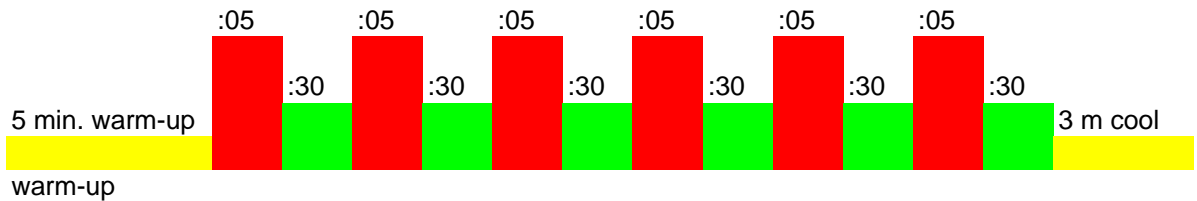
| | |
|------------|--|
| WORKLOAD | |
| Heart Rate | |

Medium Intensity



| | | | | | | | |
|------------|---------|---------|---------|---------|---------|---------|---------|
| WORKLOAD | 60% 90% | 70% 80% | 70% 90% | 70% 80% | 70% 90% | 70% 80% | 70% 60% |
| Heart Rate | | | | | | | |

High Intensity



| | | | | | | | | |
|------------|---------|---------|---------|---------|---------|---------|---------|---------|
| WORKLOAD | 60% 90% | 70% 90% | 70% 90% | 70% 90% | 70% 90% | 70% 90% | 70% 90% | 70% 60% |
| Heart Rate | | | | | | | | |