Name   <u>**Week 10**</u>

Date

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   5 min.   1 min   5 min.   1min   5 min.   2- 3 min. cooldown

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**

warm-up 5-10 min.   **1 min**   **1 min**   **3 min. reducing workload to keep HR**   2-3 min.
                                                   in AT zone without burning   recovery/
                                                     out the legs.   cooldown

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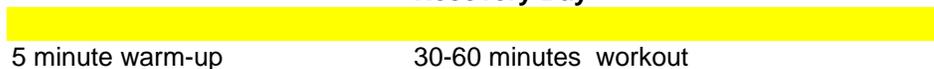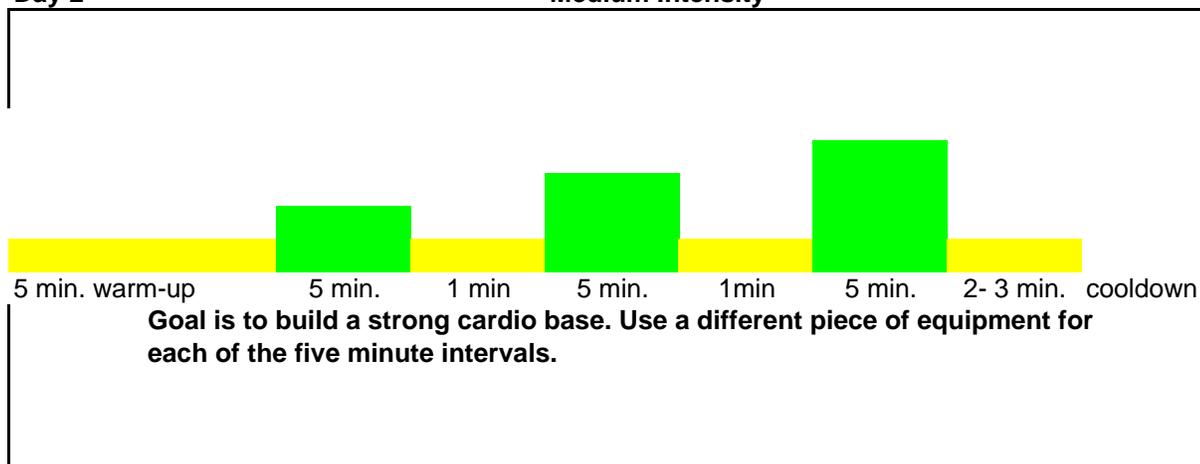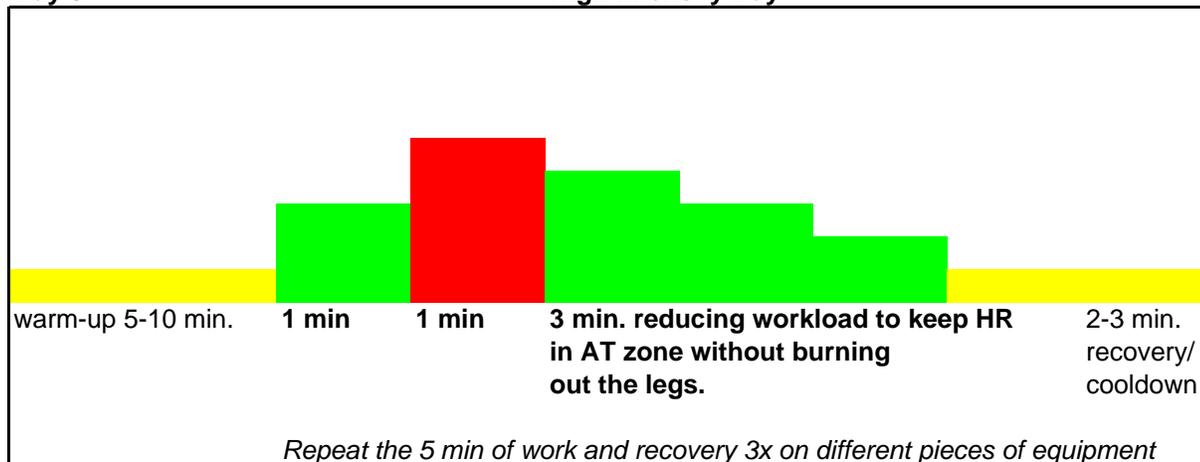
Rotate the three workouts