

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

Recovery Zone:



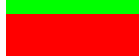
Heart Rate \_\_\_\_\_

AT



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

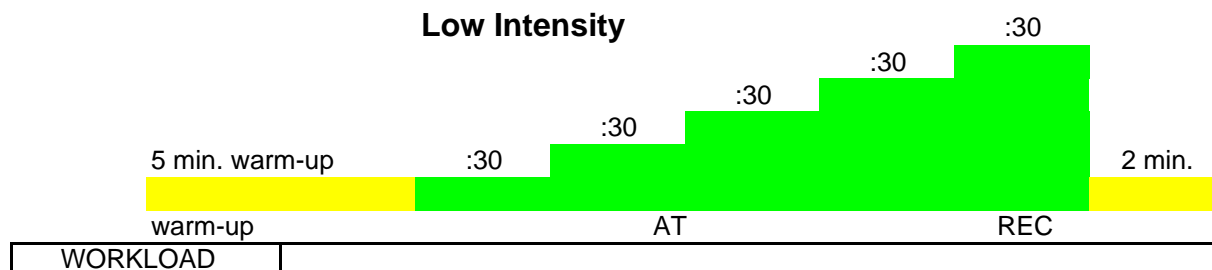
Peak Training:



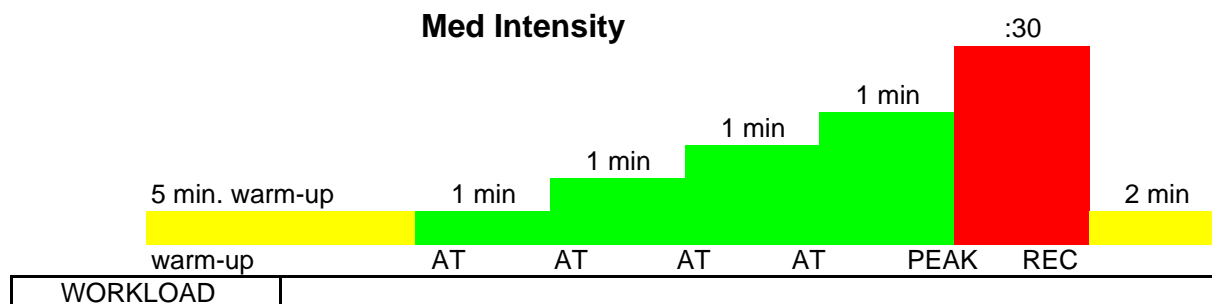
Heart Rate \_\_\_\_\_

## LEG Strength

### Low Intensity



### Med Intensity



### High Intensity

