

Name: _____

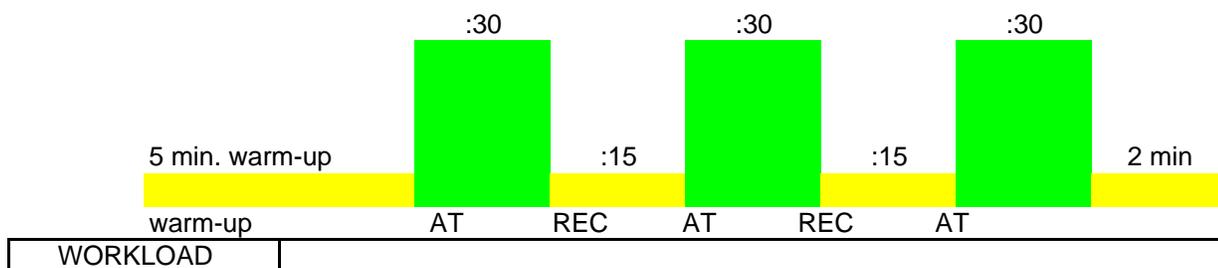
Recovery Zone:  Heart Rate _____

AT  Heart Rate _____

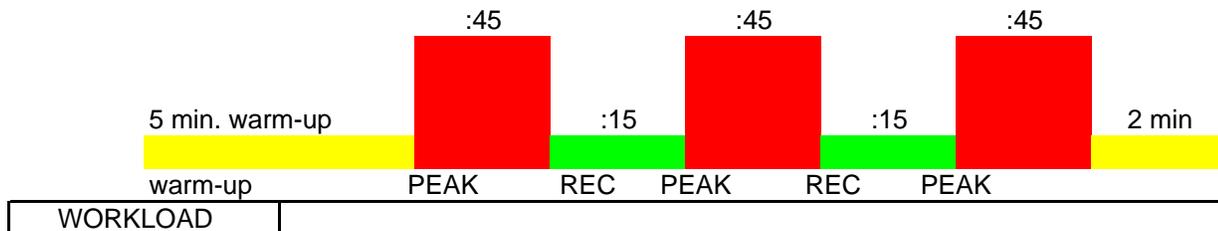
Peak Training:  Heart Rate _____

IMPROVE RECOVERY

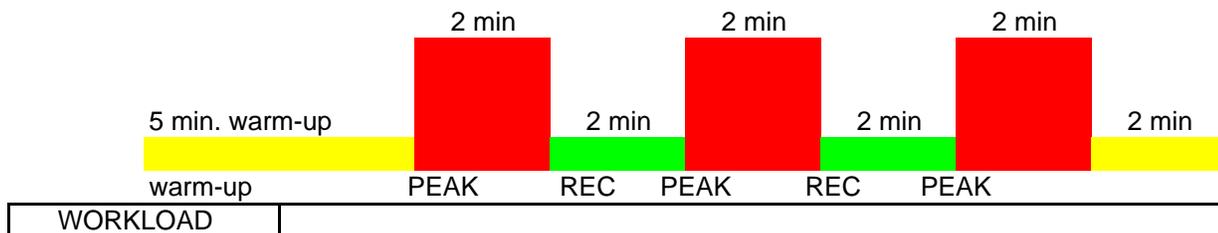
Low Intensity Day



Med Intensity



High Intensity



repeat as long as they hit their 2 min recovery.