

Name \_\_\_\_\_

Recovery Zone: \_\_\_\_\_

Anaerobic Threshold: \_\_\_\_\_

Peak Training: \_\_\_\_\_

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

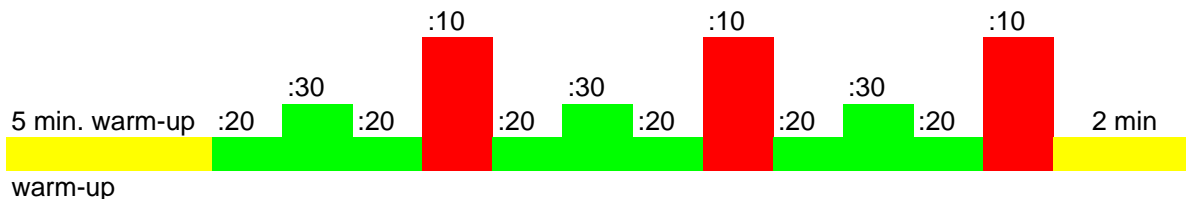
### Low Intensity Day

5 min. warm-up



WORKLOAD	
Heart Rate	

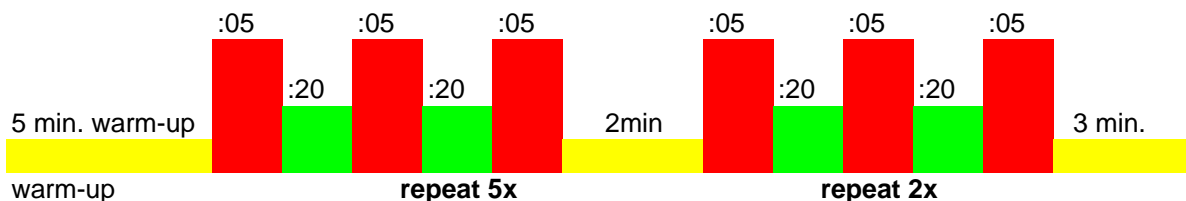
### Medium Intensity



WORKLOAD	60%	75%	80%	75%	90%	75%	80%	75%	90%	75%	80%	75%	90%	65%
Heart Rate														

During the interval you will increase speed over 70 sec with all out sprint for :10, repeat after recovery

### High Intensity



WORKLOAD							
Heart Rate							

After warm-up do 5 :55 intervals before 2 min. active rest at 65% effort, then do 2 :55 intervals with a 3 min active recovery. These 2 intervals (1 will take about 8 min. Repeat set 2-4x