


Peak Training:



Heart Rate _____

Heart Rate _____

Heart Rate _____

5 min. warm-up

WORKLOAD	
Heart Rate	

Activity	Duration
5 min. warm-up	5:00
:30	0:30
:15	0:15
:15	0:15
:15	0:15
:30	0:30
:15	0:15
:15	0:15
:15	0:15
:30	0:30
:15	0:15
:15	0:15
:15	0:15
5 m cool	5:00

WORKLOAD	60%	75%	80%	85%	90%	75%	80%	85%	90%	75%	80%	85%	90%	65%
Heart Rate														

During the interval you will increase speed over 1 min. with all out sprint for :15, repeat after recovery

Activity	Duration
5 min. warm-up	5 min
	:30
	:20
	:30
	:20
	:30
	:20
	:30
	:20
	:30
	:20
	:30
	:20
	:30
5 m cool	5 min

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 80 sec with all out sprint for :20, repeat after recovery

Rotate Workouts

Comments: