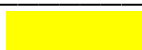


Name: \_\_\_\_\_

Recovery Zone:



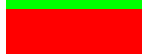
Heart Rate \_\_\_\_\_

AT



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

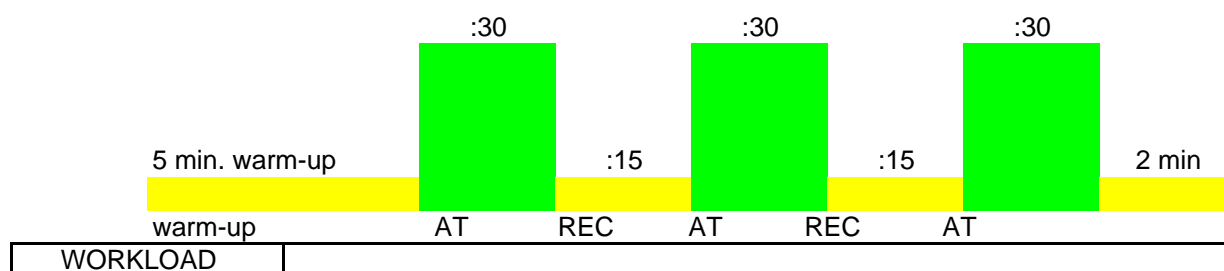
Peak Training:



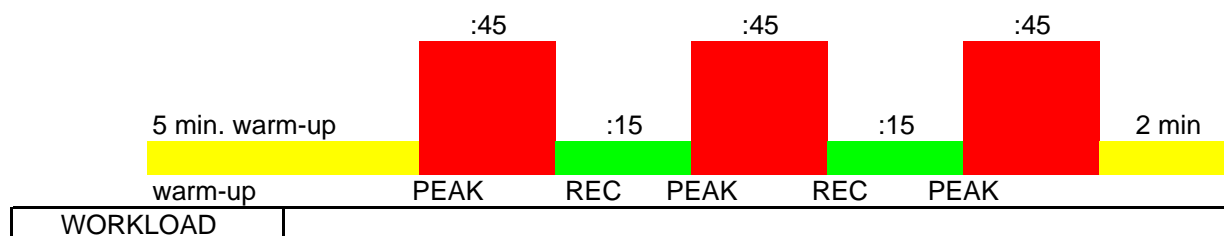
Heart Rate \_\_\_\_\_

## IMPROVE RECOVERY

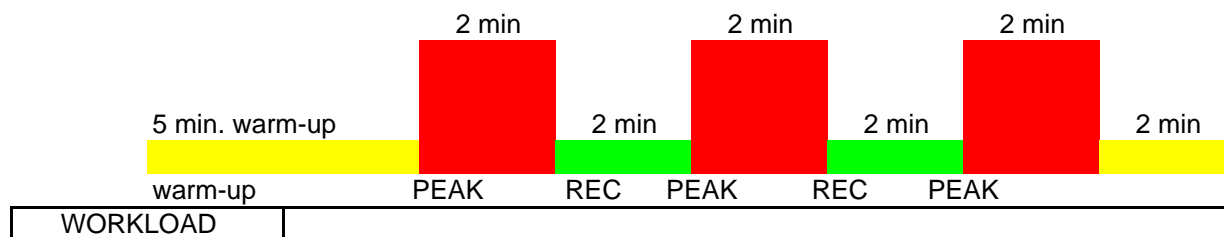
### Low Intensity Day



### Med Intensity



### High Intensity



repeat as long as they hit their 2 min recovery.