

**Name**

Recovery Zone:

Anaerobic Threshold:

Peak Training:

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

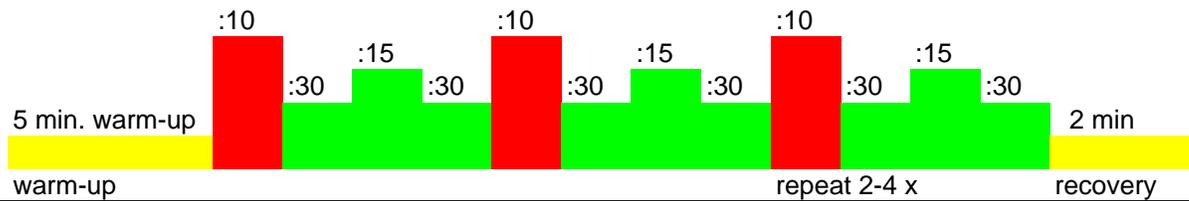
**Low Intensity Day**

5 min. warm-up



WORKLOAD	
Heart Rate	

**Medium Intensity**



WORKLOAD	60%	90%	70%	80%	70%	90%	70%	80%	70%	90%	70%	80%	70%	60%
Heart Rate														

**High Intensity**



WORKLOAD	60%	90%	70%	90%	70%	90%	70%	90%	70%	90%	70%	90%	70%	60%
Heart Rate														