

Name _____

Recovery Zone: _____

Anaerobic Threshold: _____

Peak _____

final- line _____

Heart Rate _____

Heart Rate _____

Heart Rate _____

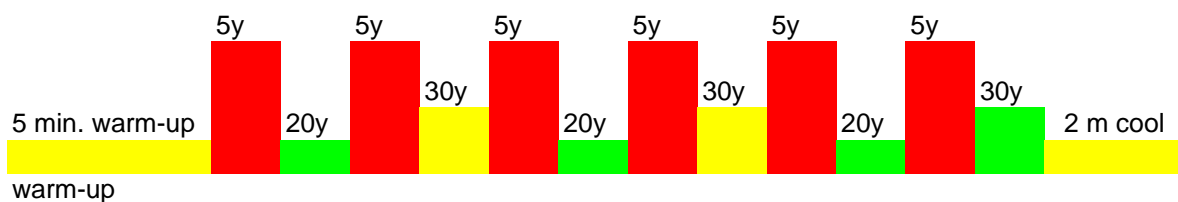
Low Intensity Day

5 min. warm-up



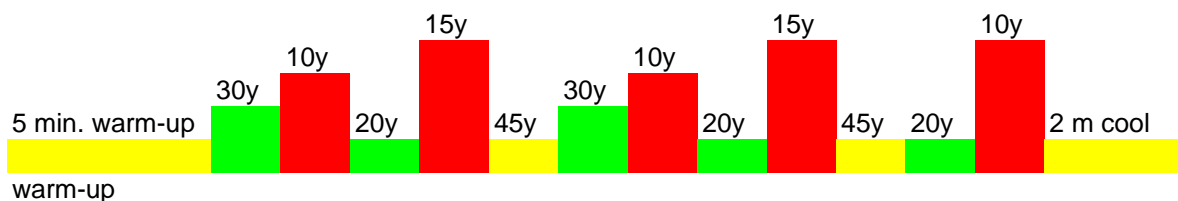
WORKLOAD	
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Medium Intensity



WORKLOAD						65%
Heart Rate						

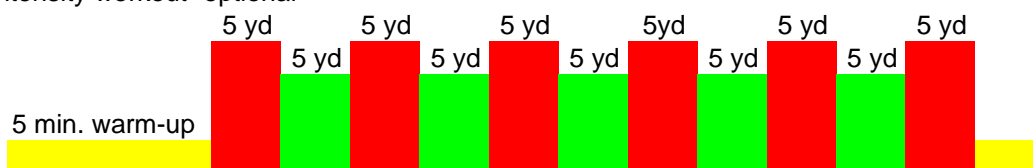
High Intensity



WORKLOAD	60%	75%	90%	70%	95%	65%	75%	90%	70%	95%	65%	75%	95%	65%
Heart Rate														

Rotate Workouts

Pre High Intensity workout- optional



Do it until they hit peak- then go to normal workout
use pulling, drop, lead steps

Comments: