

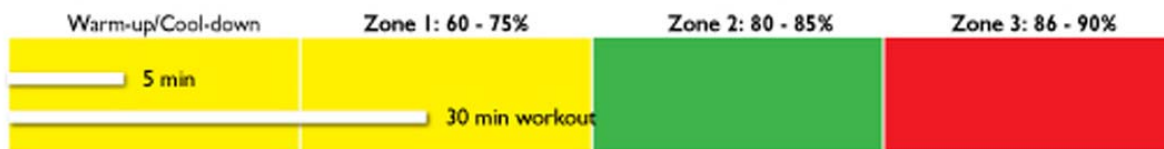
Cycle 4 – Weight Loss

Name _____ Zone 1 Recovery Heart Rate _____

Date _____ Zone 2 Anaerobic Threshold Heart Rate _____

Zone 3 Peak/ ATP-CP Heart Rate _____

Low Intensity Day



Medium Intensity Day

