

## Cycle 6 – Weight Loss

Name \_\_\_\_\_ Zone 1 Recovery  Heart Rate \_\_\_\_\_

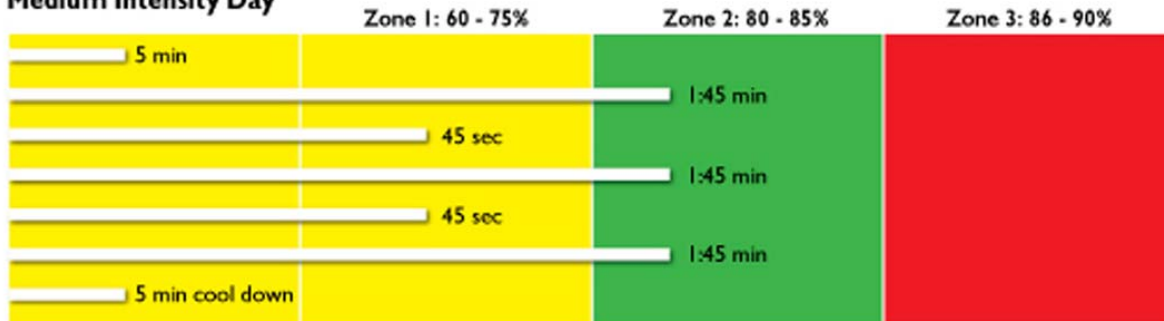
Date \_\_\_\_\_ Zone 2 Anaerobic Threshold  Heart Rate \_\_\_\_\_

Zone 3 Peak/ ATP-CP  Heart Rate \_\_\_\_\_

### Low Intensity Day



### Medium Intensity Day



### High Intensity Day

