

Recovery Day 1 HR - bpm

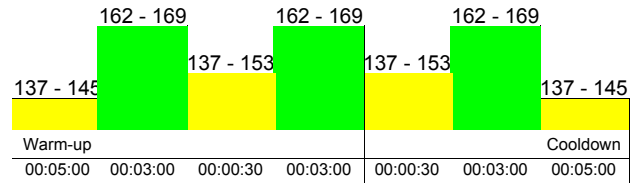
Name: katey Halliday Date: 5/22/2010



Note:

Medium Intensity 5 HR - bpm

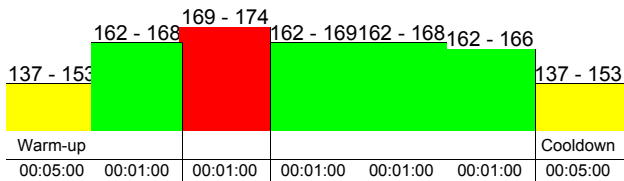
Name: katey Halliday Date: 5/24/2010



Note:

Interval Day 1 HR - bpm

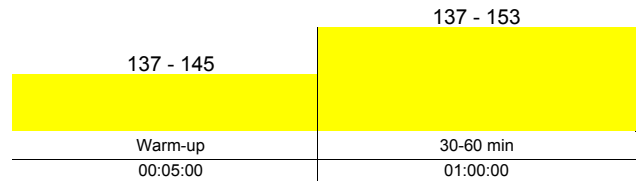
Name: katey Halliday Date: 5/25/2010



Note: Repeat the 5 min of work and recovery based on client's time frame that day. Reducing workload to keep HR in zone 2 without burning out the legs.

Recovery Day 1 HR - bpm

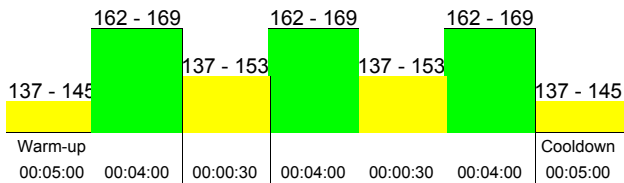
Name: katey Halliday Date: 5/26/2010



Note:

Medium Intensity 6 HR - bpm

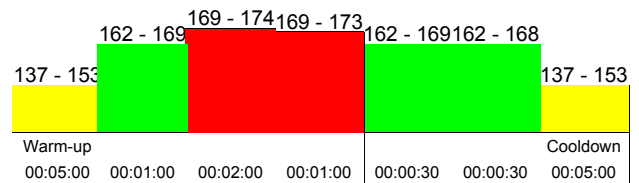
Name: katey Halliday Date: 5/27/2010



Note:

Interval Day 2 HR - bpm

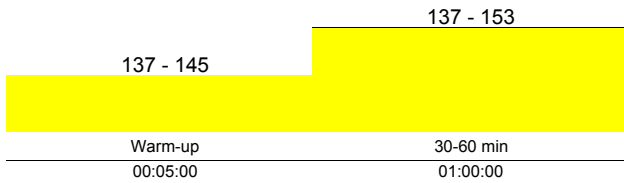
Name: katey Halliday Date: 5/28/2010



Note: Repeat the 5 min of work and recovery based on client's time frame that day. Reducing workload to keep HR in zone 3 without burning out the legs for 2 min. Then 2 min in 2nd zone.

Recovery Day 1 HR - bpm

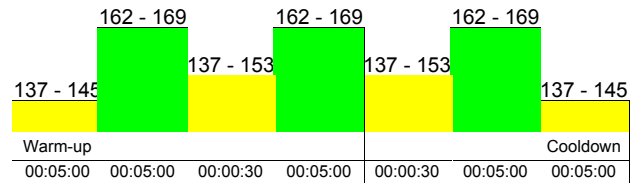
Name: katey Halliday Date: 5/29/2010



Note:

Medium Intensity 7 HR - bpm

Name: katey Halliday Date: 5/31/2010



Note:

Interval Day 3 HR - bpm

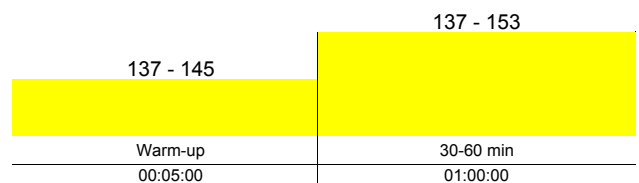
Name: katey Halliday Date: 6/1/2010



Note: Repeat the 5 min of work and recovery based on client's time frame that day. Slowly increase workload to take client through zone 3 after 1min overload to peak, watch recovery HR for 1min if recovery is good then overload again to peak zone.

Recovery Day 1 HR - bpm

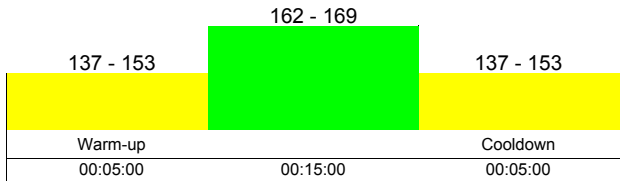
Name: katey Halliday Date: 6/2/2010



Note:

Medium Intensity 8 HR - bpm

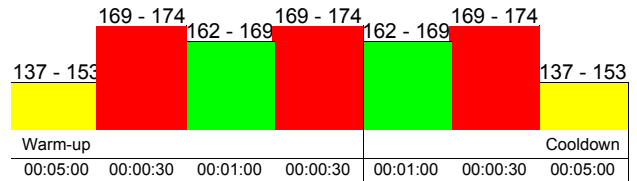
Name: katey Halliday Date: 6/3/2010



Note:

Interval Day 4 HR - bpm

Name: katey Halliday Date: 6/4/2010



Note: Repeat the 3.5 min of work and recovery based on client's time frame that day. By the end of each :30 sprint the client should be at the top of their interval HR. The 1 min. in the middle is for active recovery.

Recovery Day 1 HR - bpm

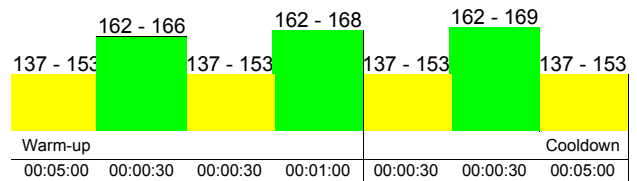
Name: katey Halliday Date: 6/5/2010



Note:

Medium Intensity 9 HR - bpm

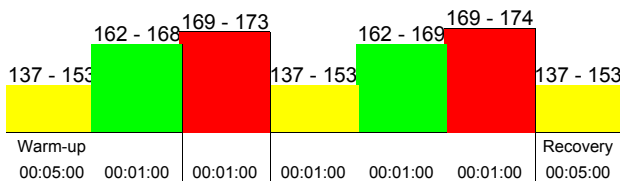
Name: katey Halliday Date: 6/7/2010



Note: Repeat the 3 min of work and recovery based on client's time frame that day. Add workload (watts, incline, level) to each sprint the goal is to increase strenght by overloading the legs. The :30 yellow is for leg recovery.

Interval Day 5 HR - bpm

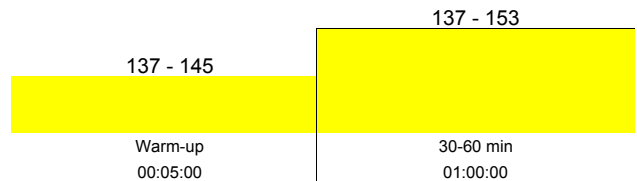
Name: katey Halliday Date: 6/8/2010



Note: Repeat 5 min of work and recovery based on client's time frame. Add workload (watts, incline, level) to each sprint the goal is to increase strenght by overloading the legs. 1 min yellow is for leg recovery. Cooldown for 2-5 min.

Recovery Day 1 HR - bpm

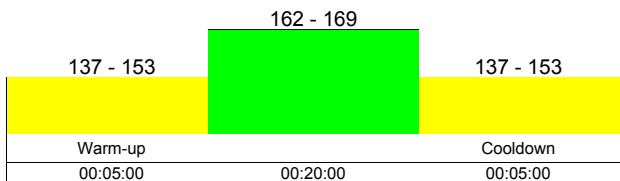
Name: katey Halliday Date: 6/9/2010



Note:

Medium Intensity 10 HR - bpm

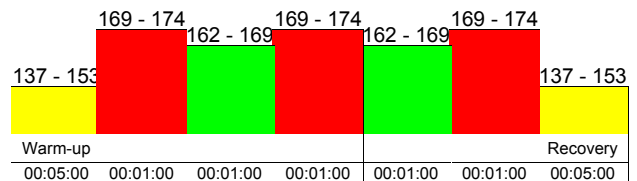
Name: katey Halliday Date: 6/10/2010



Note:

Interval Day 6 HR - bpm

Name: katey Halliday Date: 6/11/2010



Note: Repeat the 5 min of work and recovery based on client's time frame that day. By the end of each 1 min sprint the client should be at the top of their interval HR. The 1 min in the middle is for a light recovery. Cooldown for 2-5 min.