Recovery Day 1 — HR - bpm
Date: 3/14/2007

Warm-up	30-60 min
127 - 135	127 - 142
00:05:00	01:00:00

Note:

Medium Intensity 5 — HR - bpm
Date: 3/16/2007

HR ranges: 127-135, 150-165, 127-142, 150-165, 127-142, 150-165, 127-135

Warm-up						Cooldown
00:05:00	00:03:00	00:00:30	00:03:00	00:00:30	00:03:00	00:05:00

Note:

Interval Day 1 — HR - bpm
Date: 3/19/2007

HR ranges: 127-142, 150-162, 165-170, 150-165, 150-162, 150-158, 127-142

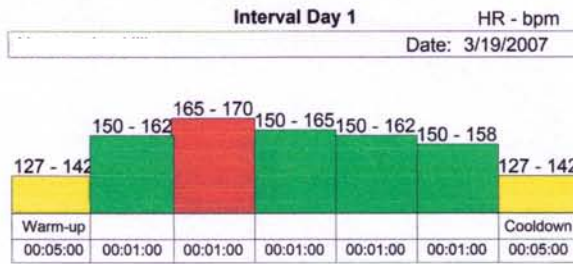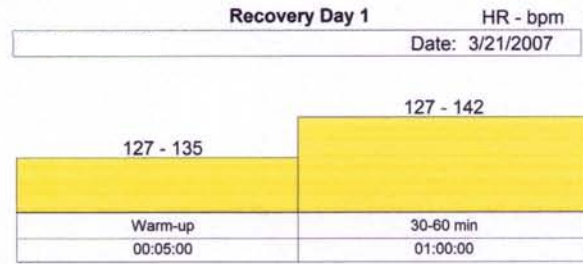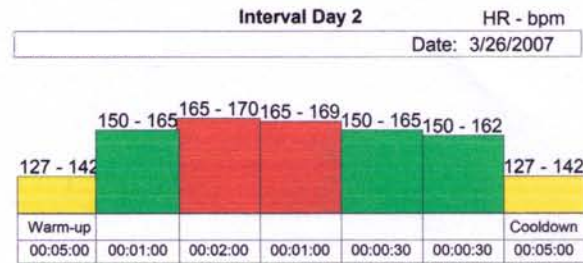| Warm-up						Cooldown
00:05:00	00:01:00	00:01:00	00:01:00	00:01:00	00:01:00	00:05:00

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.
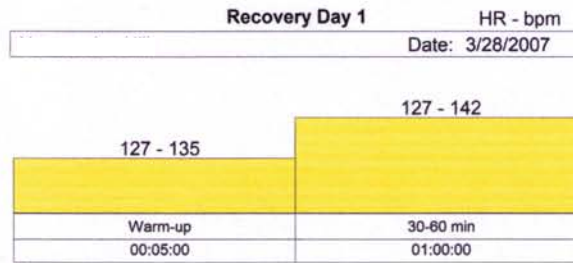
Recovery Day 1 — HR - bpm
Date: 3/21/2007

Warm-up	30-60 min
127 - 135	127 - 142
00:05:00	01:00:00

Note:

Medium Intensity 6 — HR - bpm
Date: 3/23/2007

HR ranges: 127-135, 150-165, 127-142, 150-165, 127-142, 150-165, 127-135

Warm-up						Cooldown
00:05:00	00:04:00	00:00:30	00:04:00	00:00:30	00:04:00	00:05:00

Note:

Interval Day 2 — HR - bpm
Date: 3/26/2007

HR ranges: 127-142, 150-165, 165-170, 165-169, 150-165, 150-162, 127-142

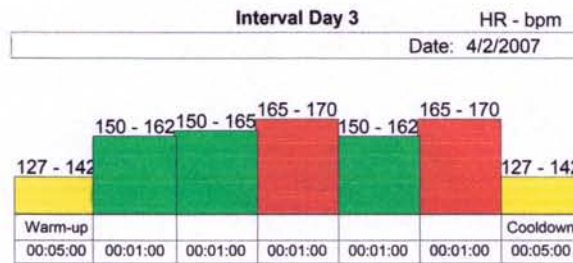| Warm-up						Cooldown
00:05:00	00:01:00	00:02:00	00:01:00	00:00:30	00:00:30	00:05:00

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.
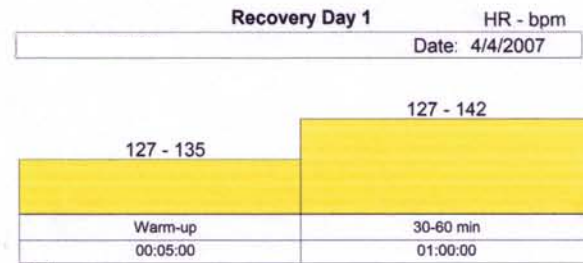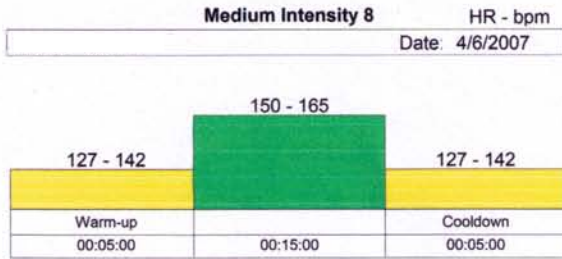
Recovery Day 1 — HR - bpm
Date: 3/28/2007

Warm-up	30-60 min
127 - 135	127 - 142
00:05:00	01:00:00

Note:

Medium Intensity 7 — HR - bpm
Date: 3/30/2007

HR ranges: 127-135, 150-165, 127-142, 150-165, 127-142, 150-165, 127-135

Warm-up						Cooldown
00:05:00	00:05:00	00:00:30	00:05:00	00:00:30	00:05:00	00:05:00

Note:

Interval Day 3 — HR - bpm
Date: 4/2/2007

HR ranges: 127-142, 150-162, 150-165, 165-170, 150-162, 165-170, 127-142

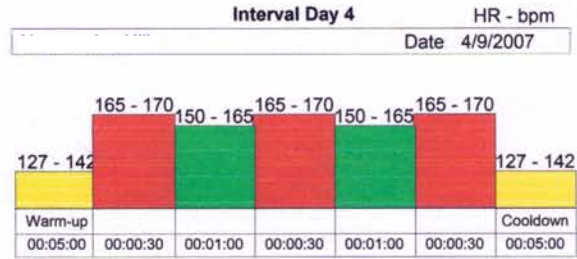| Warm-up						Cooldown
00:05:00	00:01:00	00:01:00	00:01:00	00:01:00	00:01:00	00:05:00

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.
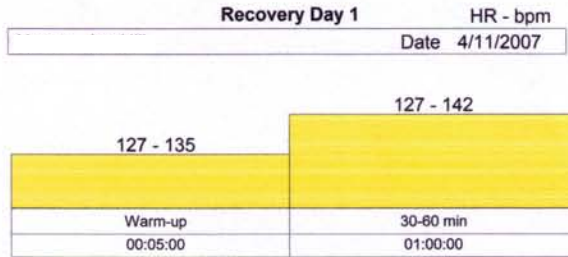
Recovery Day 1 — HR - bpm
Date: 4/4/2007

Warm-up	30-60 min
127 - 135	127 - 142
00:05:00	01:00:00

Note:

Medium Intensity 8 — HR - bpm
Date: 4/6/2007

Warm-up		Cooldown
127 - 142	150 - 165	127 - 142
00:05:00	00:15:00	00:05:00

Note:

Recovery Day 1 — HR - bpm
Date 4/11/2007

Warm-up	30-60 min
127 - 135	127 - 142
00:05:00	01:00:00

Note:

Interval Day 5 — HR - bpm
Date 4/16/2007

Warm-up						Recovery
127 - 142	150 - 162	165 - 169	127 - 142	150 - 165	165 - 170	127 - 142
00:05:00	00:01:00	00:01:00	00:01:00	00:01:00	00:01:00	00:05:00

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.

Medium Intensity 10 — HR - bpm
Date 4/20/2007

Warm-up		Cooldown
127 - 142	150 - 165	127 - 142
00:05:00	00:20:00	00:05:00

Note:

Interval Day 4 — HR - bpm
Date 4/9/2007

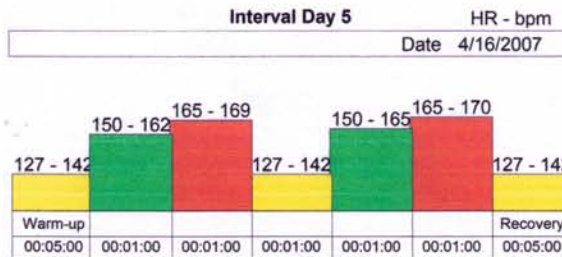| Warm-up						Cooldown
127 - 142	165 - 170	150 - 165	165 - 170	150 - 165	165 - 170	127 - 142
00:05:00	00:00:30	00:01:00	00:00:30	00:01:00	00:00:30	00:05:00

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.
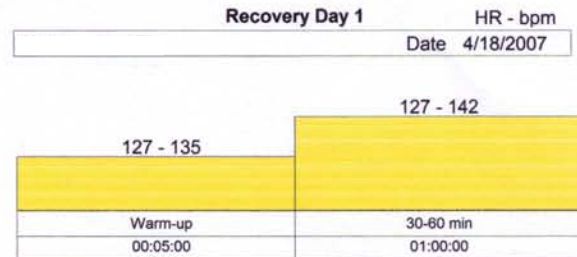
Medium Intensity 9 — HR - bpm
Date 4/13/2007

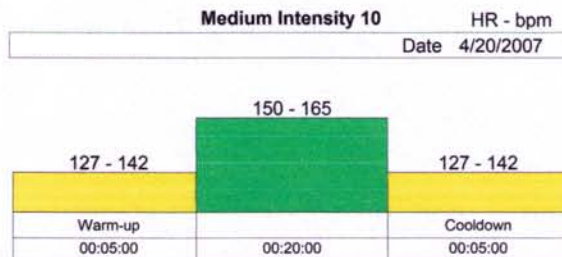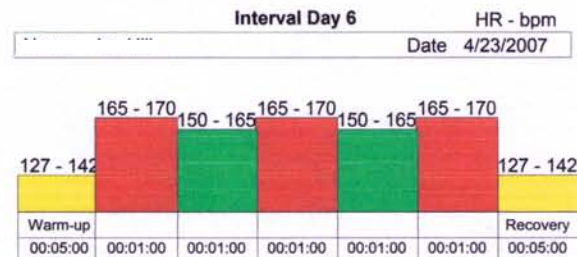| Warm-up						Cooldown
127 - 142	150 - 158	127 - 142	150 - 162	127 - 142	150 - 165	127 - 142
00:05:00	00:00:30	00:00:30	00:01:00	00:00:30	00:00:30	00:05:00

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.

Recovery Day 1 — HR - bpm
Date 4/18/2007

Warm-up	30-60 min
127 - 135	127 - 142
00:05:00	01:00:00

Note:

Interval Day 6 — HR - bpm
Date 4/23/2007

Warm-up						Recovery
127 - 142	165 - 170	150 - 165	165 - 170	150 - 165	165 - 170	127 - 142
00:05:00	00:01:00	00:01:00	00:01:00	00:01:00	00:01:00	00:05:00

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.