

Week

Zone 1 (____%) = ____BPM

Zone 2 (____%) = ____BPM

Zone 3 (____%) = ____BPM

Resting HR ____BPM

Date	5 min. Warm-up Speed/HR	6-7 Zone ____ Speed/HR	8-9 Zone ____ Speed/HR	10-11 Zone ____ Speed/HR	12-13 Zone ____ Speed/HR	14-15 Zone ____ Speed/HR	16-17 Zone ____ Speed/HR	18-19 Zone ____ Speed/HR	20-21 Zone ____ Speed/HR	22-23 Zone ____ Speed/HR	24-25 Zone ____ Speed/HR	26-30 Cool down
Mon												
Tues												
Wed												
Thur												
Fri												
Sat												
Sun												