

Name
Trainer Eric

Date
Goal

| Heart Rate Zone Training | | | | |
|--------------------------|----------|------------|------|---------------------------------|
| Zone 5 | 110%+ | 176 | Peak | Speed/Power (Extremely Hard) |
| Zone 4 | 100-110% | 160 | 176 | Anaerobic Endurance (Very Hard) |
| AT | | 160 | | |
| Zone 3 | 90-100% | 144 | 160 | Aerobic Endurance (Hard) |
| Zone 2 | 80-90% | 128 | 144 | Aerobic Development (Medium) |
| Zone 1 | 70-80% | 112 | 128 | Active Recovery (Easy) |

| Threshold 2 Workout | | | | | | |
|---------------------|------|---------------|----------------|-------------------|-----|------------|
| Segment | Zone | Incline/Level | Time (minutes) | Target Heart Rate | | Total Time |
| 1 | 2 | | 2 | 128 | 144 | 2 |
| 2 | 3 | | 2 | 144 | 160 | 4 |
| 3 | 4 | | 1 | 160 | 176 | 5 |
| 4 | 2 | | 2 | 128 | 144 | 7 |
| 5 | 3 | | 2 | 144 | 160 | 9 |
| 6 | 4 | | 1 | 160 | 176 | 10 |
| 7 | 2 | | 2 | 128 | 144 | 12 |
| 8 | 3 | | 2 | 144 | 160 | 14 |
| 9 | 4 | | 1 | 160 | 176 | 15 |
| 10 | 2 | | 2 | 128 | 144 | 17 |
| 11 | 3 | | 2 | 144 | 160 | 19 |
| 12 | 4 | | 1 | 160 | 176 | 20 |
| 13 | 2 | | 2 | 128 | 144 | 22 |
| 14 | 3 | | 2 | 144 | 160 | 24 |
| 15 | 4 | | 1 | 160 | 176 | 25 |
| 16 | 2 | | 2 | 128 | 144 | 27 |
| 17 | 3 | | 2 | 144 | 160 | 29 |
| 18 | 4 | | 1 | 160 | 176 | 30 |