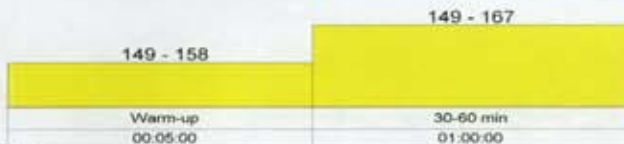


**Recovery Day 1** HR - bpm

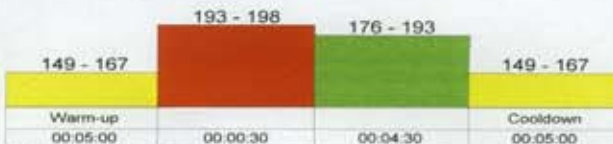
Name: Jennifer Colla Date: 8/15/2005



**Note:**

**Medium Intensity 11** HR - bpm

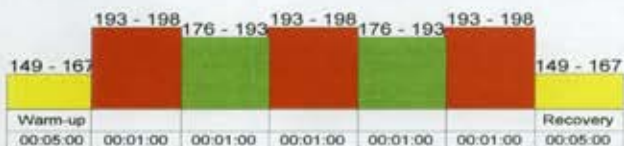
Name: Jennifer Colla Date: 8/16/2005



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to use the :30 sprint at the beginning of the sprint to get the HR to the top of zone two, then hold that intensity for the next 4:30 min.

**Interval Day 6** HR - bpm

Name: Jennifer Colla Date: 8/17/2005



**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.

**Recovery Day 1** HR - bpm

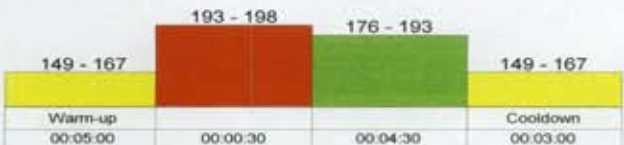
Name: Jennifer Colla Date: 8/18/2005



**Note:**

**Medium Intensity 12** HR - bpm

Name: Jennifer Colla Date: 8/19/2005



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to use the :30 sprint at the beginning of the sprint to get the HR to the top of zone two, then hold that intensity for the next 4:30 min.

**Interval Day 7** HR - bpm

Name: Jennifer Colla Date: 8/20/2005



**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.

**Recovery Day 1** HR - bpm

Name: Jennifer Colla Date: 8/22/2005



**Note:**

**Medium Intensity 13** HR - bpm

Name: Jennifer Colla Date: 8/23/2005



**Note:**

**Interval Day 3** HR - bpm

Name: Jennifer Colla Date: 8/24/2005



**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: Jennifer Colla Date: 8/25/2005



**Note:**