

## ENDURANCE PHASE TRAINING LOG

During the endurance phase the workouts are predominately in heart zone 3. The idea is to train the body to work or play for longer periods of time at a lower heart rate.

Day	Date	Activity	Workout type	Workout time	Training intensity (zone)	Training load (HZT points)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Totals						

Comments: