

POWER AND PEAK PHASE TRAINING LOG

During this phase of training, your goal is to get faster in order to be your best for the competition. Workouts are more intense, often speed intervals, and heart rate pushes to the top of heart zone 4.

| Day | Date | Activity | Workout type | Workout time | Average training heart rate zone | Actual training load (HZE points) (time × zone) | Workout comments |
|-----------|------|----------|--------------|--------------|----------------------------------|---|------------------|
| Monday | | | | | | | |
| Tuesday | | | | | | | |
| Wednesday | | | | | | | |
| Thursday | | | | | | | |
| Friday | | | | | | | |
| Saturday | | | | | | | |
| Sunday | | | | | | | |
| Totals | | | | | | | |