

# EIGHT-WEEK TRAINING PLAN

How will you plan your training for the next eight weeks? Use this table as a guide to plan how you will progress your training plan.

**TRAINING PHASE AND TRAINING TIME IN PREDOMINANT HEART RATE ZONES**

	Phase	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Goal
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							