

STRENGTH PHASE TRAINING LOG

During the strength phase, several workouts are done to increase your ability to do more difficult workouts. The heart rate will push into zone 4 because of the added work load. For example, you might run hills to develop stronger legs.

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