

RECOVERY PHASE TRAINING LOG

During the recovery phase, you reduce the intensity of your training so that your body can recover and rest. Training heart rate for this phase is mostly in heart rate zones 1 and 2.

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							