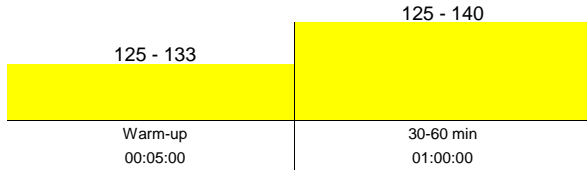


**Recovery Day 1** HR - bpm

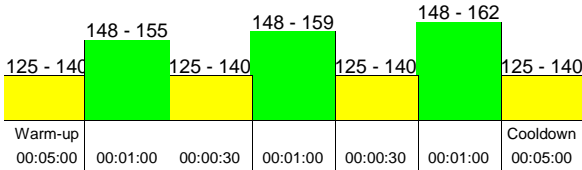
Name: Jon Gilchrist Date: 8/16/2008



**Note:**

**Medium Intensity 16** HR - bpm

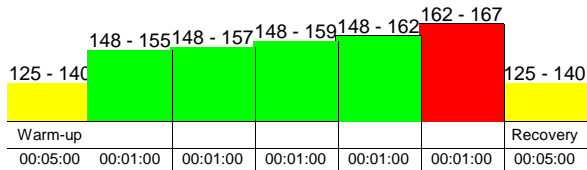
Name: Jon Gilchrist Date: 8/19/2008



**Note:** Repeat the 4 min of work and recovery based on client's time frame that day. The goal is to increase the workload (watts, level, incline) during each 1 minute interval.

**Interval Day 11** HR - bpm

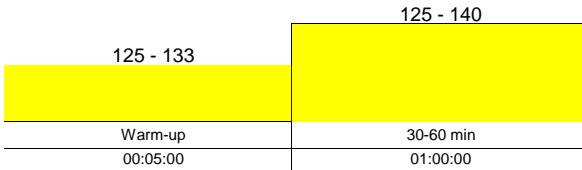
Name: Jon Gilchrist Date: 8/21/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to increase the workload (watts, level, incline) each minute until leg fatigue. Cooldown for 2-5 min.

**Recovery Day 1** HR - bpm

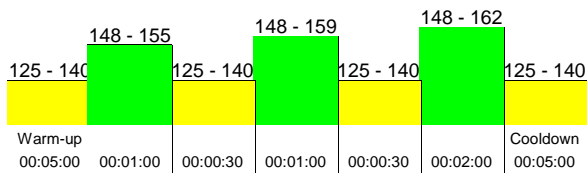
Name: Jon Gilchrist Date: 8/23/2008



**Note:**

**Medium Intensity 17** HR - bpm

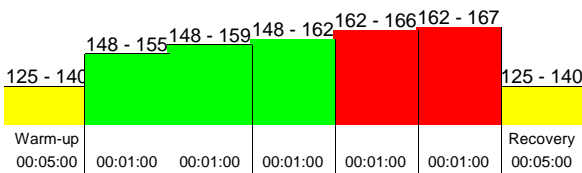
Name: Jon Gilchrist Date: 8/26/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to increase the workload (watts, level, incline) during each 1 minute interval.

**Interval Day 9** HR - bpm

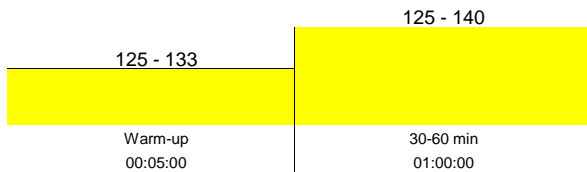
Name: Jon Gilchrist Date: 8/28/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to increase the workload (watts, level, incline) each minute until leg fatigue. Cooldown for 2-5 min.

**Recovery Day 1** HR - bpm

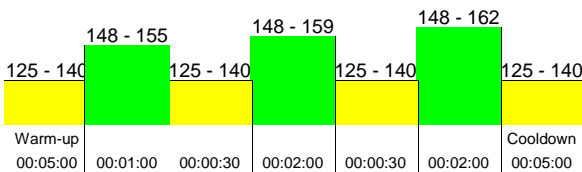
Name: Jon Gilchrist Date: 8/30/2008



**Note:**

**Medium Intensity 29** HR - bpm

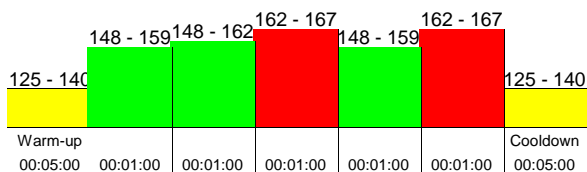
Name: Jon Gilchrist Date: 9/2/2008



**Note:** Repeat the 6 min of work and recovery based on client's time frame that day. The goal is to increase the workload (watts, level, incline) during each 1 minute interval.

**Interval Day 3** HR - bpm

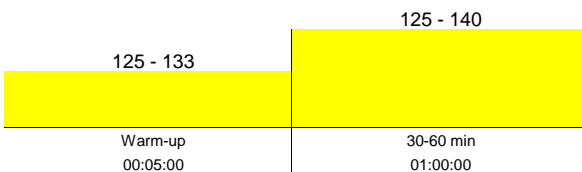
Name: Jon Gilchrist Date: 9/4/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. Slowly increase workload to take client through zone 3 after 1min overload to peak, watch recovery HR for 1min if recovery is good then overload again to peak zone.

**Recovery Day 1** HR - bpm

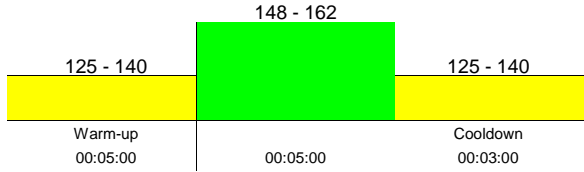
Name: Jon Gilchrist Date: 9/6/2008



**Note:**

**Medium Intensity 18** HR - bpm

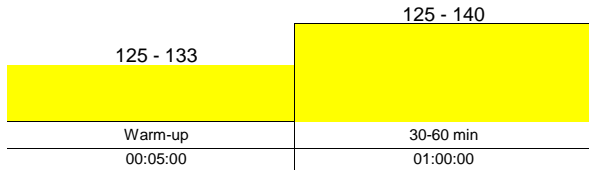
Name: Jon Gilchrist Date: 9/9/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to increase the workload (watts, level, incline) during each 1 minute interval.

**Recovery Day 1** HR - bpm

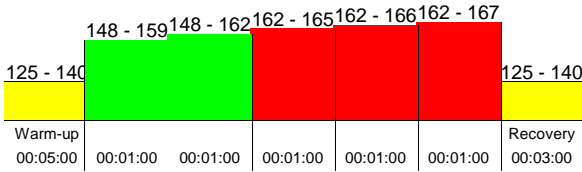
Name Jon Gilchrist Date 9/13/2008



**Note:**

**Interval Day 12** HR - bpm

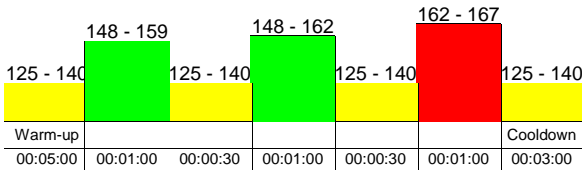
Name: Jon Gilchrist Date: 9/11/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. Cooldown for 2-5 min.

**Medium Intensity 19** HR - bpm

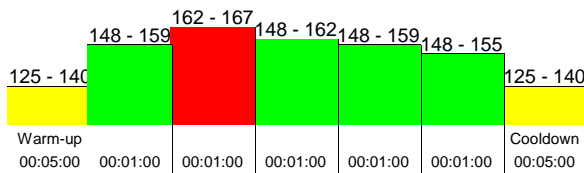
Name Jon Gilchrist Date 9/16/2008



**Note:** Repeat the 4 min of work and recovery based on client's time frame that day. The goal is to increase the workload (watts, level, incline) during each 1 minute interval.

**Interval Day 1** HR - bpm

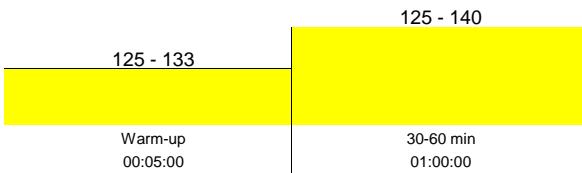
Name Jon Gilchrist Date 9/18/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. Reducing workload to keep HR in zone 2 without burning out the legs.

**Recovery Day 1** HR - bpm

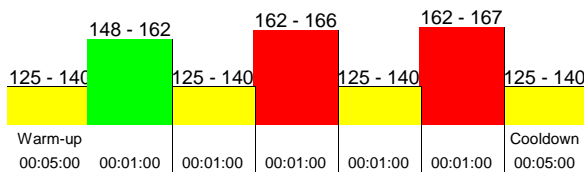
Name Jon Gilchrist Date 9/20/2008



**Note:**

**Medium Intensity 20** HR - bpm

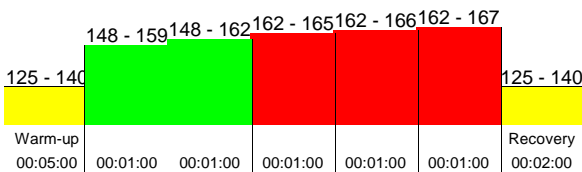
Name Jon Gilchrist Date 9/23/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to increase the workload (watts, level, incline) during each 1 minute interval.

**Interval Day 13** HR - bpm

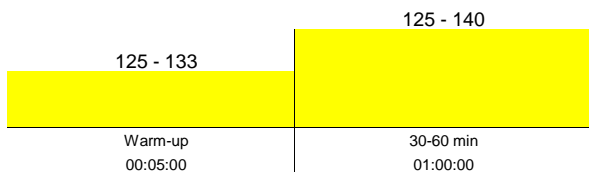
Name Jon Gilchrist Date 9/25/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to increase the workload (watts, level, incline) each minute until leg fatigue. Cooldown for 2-5 min.

**Recovery Day 1** HR - bpm

Name Jon Gilchrist Date 9/27/2008



**Note:**

**Medium Intensity 21** HR - bpm

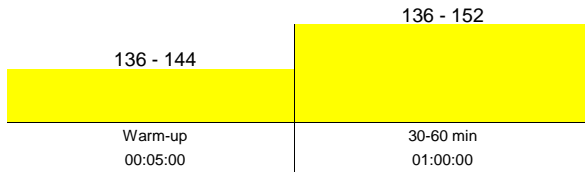
Name Jon Gilchrist Date 9/30/2008



**Note:** Repeat the 4 min of work and recovery based on client's time frame that day

**Recovery Day 1** HR - bpm

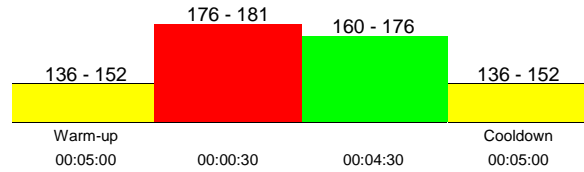
Name: Alan Charley Date: 3/15/2008



**Note:**

**Medium Intensity 11** HR - bpm

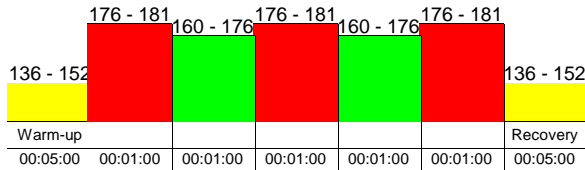
Name: Alan Charley Date: 3/16/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to use the :30 sprint at the beginning of the sprint to get the HR to the top of zone two, then hold that intensity for the next 4:30 min.

**Interval Day 6** HR - bpm

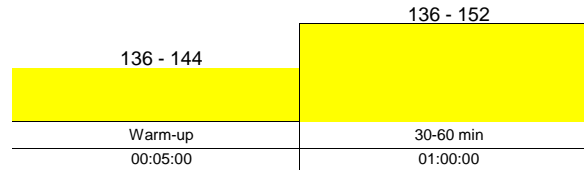
Name: Alan Charley Date: 3/18/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. By the end of each 1 min sprint the client should be at the top of their interval HR. The 1 min in the middle is for a light recovery. Cooldown for 2-5 min.

**Recovery Day 1** HR - bpm

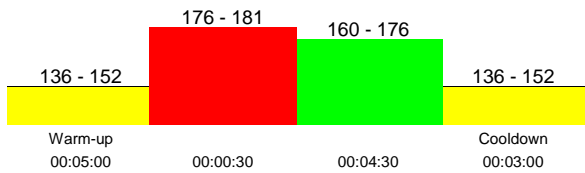
Name: Alan Charley Date: 3/20/2008



**Note:**

**Medium Intensity 12** HR - bpm

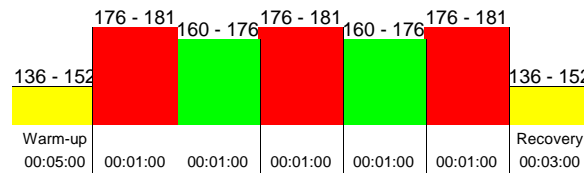
Name: Alan Charley Date: 3/22/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to use the :30 sprint at the beginning of the sprint to get the HR to the top of zone two, then hold that intensity for the next 4:30 min.

**Interval Day 7** HR - bpm

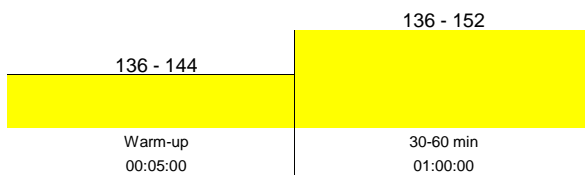
Name: Alan Charley Date: 3/23/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. By the end of each 1 min sprint the client should be at the top of their interval HR. The 1 min in the middle is for a light recovery. Cooldown for 2-5 min.

**Recovery Day 1** HR - bpm

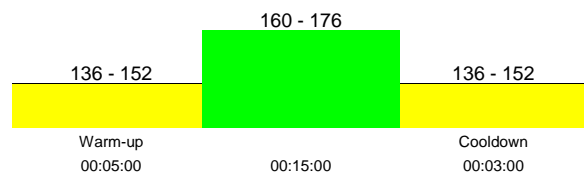
Name: Alan Charley Date: 3/25/2008



**Note:**

**Medium Intensity 13** HR - bpm

Name: Alan Charley Date: 3/27/2008



**Note:**

**Interval Day 3** HR - bpm

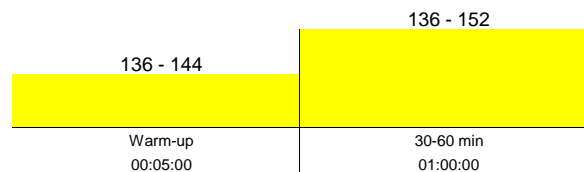
Name: Alan Charley Date: 3/29/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. Slowly increase workload to take client through zone 3 after 1min overload to peak, watch recovery HR for 1min if recovery is good then overload again to peak zone.

**Recovery Day 1** HR - bpm

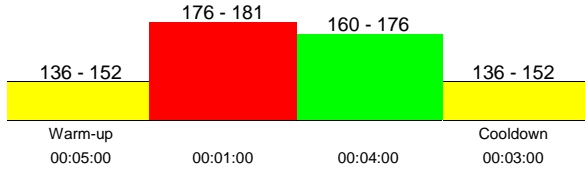
Name: Alan Charley Date: 3/30/2008



**Note:**

**Medium Intensity 14** HR - bpm

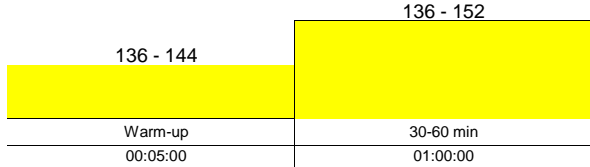
Name: Alan Charley Date: 4/1/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to use the 1 min sprint at the beginning of the sprint to get the HR to the top of zone two, then hold that intensity for the next 4 min.

**Recovery Day 1** HR - bpm

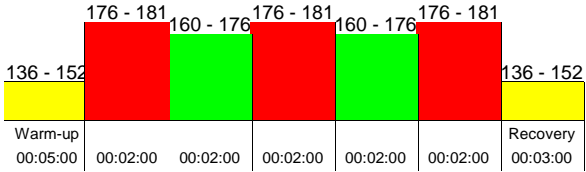
Name Alan Charley Date 4/5/2008



**Note:**

**Interval Day 8** HR - bpm

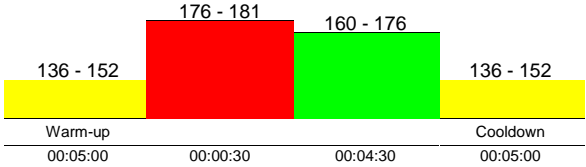
Name: Alan Charley Date: 4/3/2008



**Note:** Repeat the 10 min of work and recovery based on client's time frame that day. By the end each 2 min sprint the client should be at the top of their interval HR the 2 min in the middle id for a light recovery. Cooldown for 2-5 min.

**Medium Intensity 11** HR - bpm

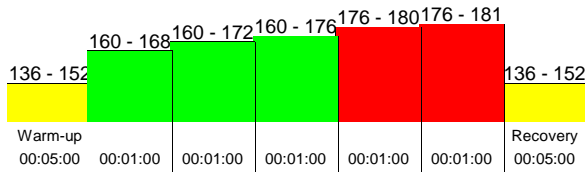
Name Alan Charley Date 4/6/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to use the :30 sprint at the beginning of the sprint to get the HR to the top of zone two, then hold that intensity for the next 4:30 min.

**Interval Day 9** HR - bpm

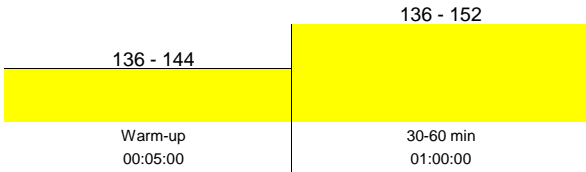
Name Alan Charley Date 4/8/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to increase the workload (watts, level, incline) each minute until leg fatigue. Cooldown for 2-5 min.

**Recovery Day 1** HR - bpm

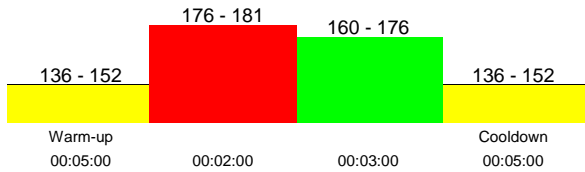
Name Alan Charley Date 4/10/2008



**Note:**

**Medium Intensity 15** HR - bpm

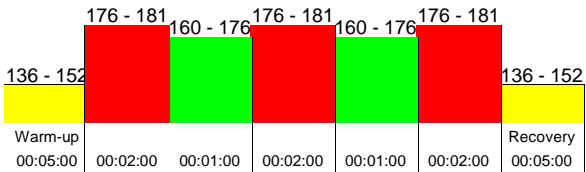
Name Alan Charley Date 4/12/2008



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to use the 2 min sprint at the beginning of the sprint to get the HR to the top of zone two, then hold that intensity for the next 3 min.

**Interval Day 10** HR - bpm

Name Alan Charley Date 4/13/2008



**Note:** Repeat the 8 min of work and recovery based on client's time frame that day. By the end each 2 min sprint the client should be at the top of their interval HR the 1 min in the middle id for a light recovery. Cooldown for 2-5 min.