

# Performance High, LLC Weekly Training Plan

Date: Nov 24 - Nov 30

Phase: Base 1 - Wk 2 of 3

Weekly Hours: 7:50

## Weekly Overview

<b>HR Ranges:</b>	<b>Level 0</b>	<b>125 - 137</b>
	<b>Level 1</b>	<b>138 - 150</b>
	<b>Level 2</b>	<b>151 - 157</b>
<b>Total Training Hours:</b>		<b>7:50</b>
<b>Cardio Hours</b>		<b>4:50</b>
<b>Weight Hours</b>		<b>3:00</b>

## Key Workout

Wednesday 26-Nov-03						
Sport	Level	HR	Sport Hrs	Training Focus	Brick Workout	
Bike +	0	125-137	:20	Warm-Up Technique	Warm Up	
	1	138-150			Workout	1 x :20 @L1 @95-110rpm
						4 x Isolated Leg - Spin with right or left leg only for 1-2min. Recover by spinning with both as needed.
					Cool Down	
Run	1	138-150	1:30	Technique Endurance	Warm Up	:10 @L1-2 build
	2	151-157			Workout	2 x :35 @L2 RI = :10 @L1
					Cool Down	:10 @L1 easy
					<b>Total Time</b>	<b>1:50</b>