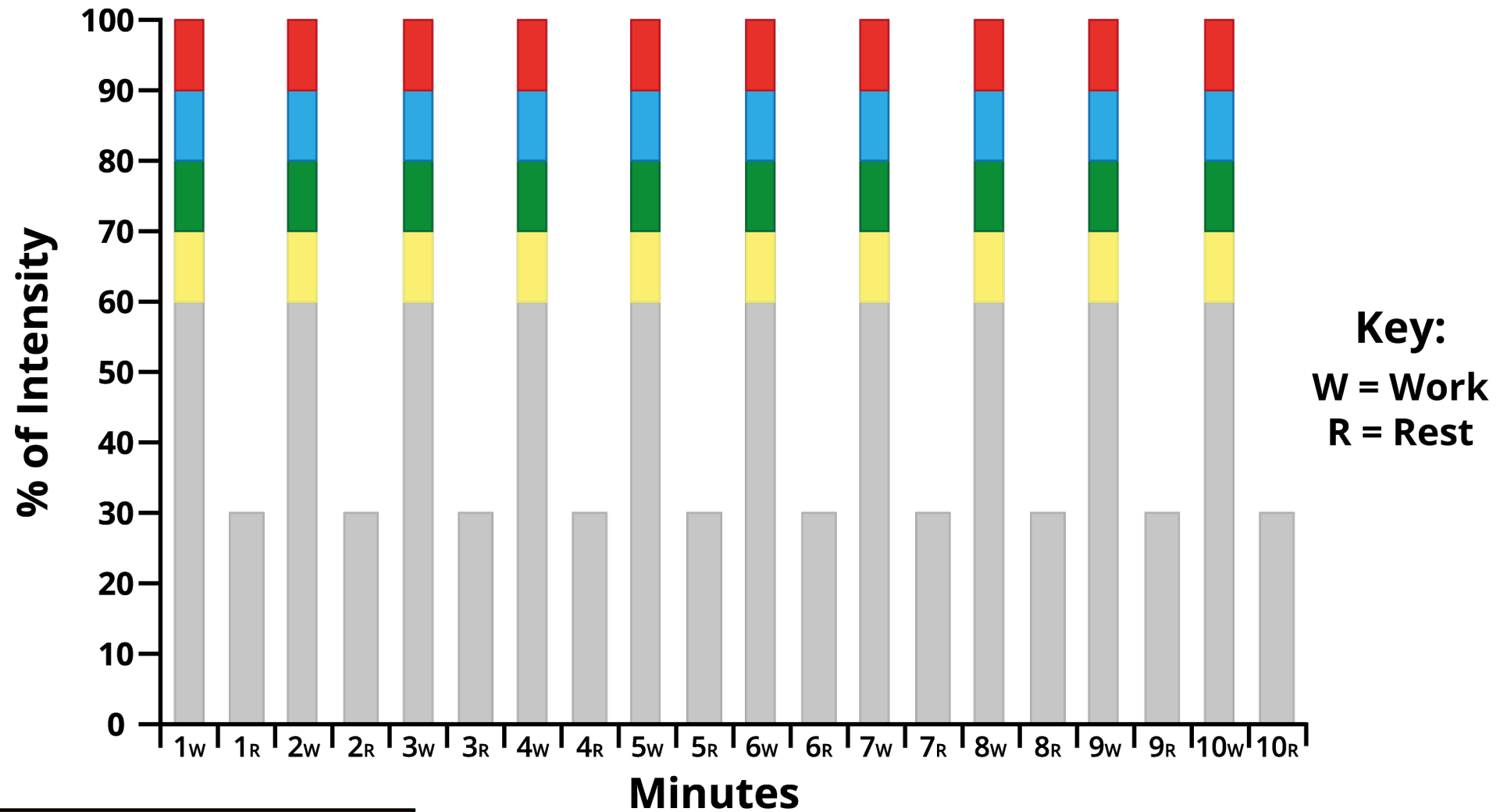


Intervals



% Heart Rate Max	
<60%	Warm up / Cool down
60-70%	Fat Burn
70-80%	Aerobic Endurance
80-90%	Anaerobic Endurance
90-100%	Red Line / VO2max

System	Speed	Capacity	Duration	Fuel
Aerobic	Slow	Large	>2min	Fat, CHO, Protein, Glycogen
Lactate	Fast	Medium	10sec - 2min	CHO & Glycogen
CP	Sprint	Low	<10 sec	ATP, Phosphocreatine