**INTERVAL TRAINING SESSION 4.**

|  |  |
| --- | --- |
| DATE: |  |
| RESTING HEART RATE: |  |
| WARM UP: |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | Distance | Pulse | Comments |
|  |  |  |  |
| Set 1 |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Recovery |  |  |  |
|  |  |  |  |
| Set 2 |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Recovery |  |
|  |  |  |  |
| Set 3 |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Recovery |  |
| Set 4 |  |  |  |
|  |  |
|  |  |
|  |  |

|  |
| --- |
| COOL DOWN: |

|  |
| --- |
| EVALUATION OF SESSION: |