**HEART ZONES TRAINING PLANNER**

**WEEKLY TRI-TRAINING PLANNER**

| Date | Sport Activity | Distance | (mins) Time | Time in Zone (mins) Z1 | Z2 | Z3 | Z4 | Z5 | Workout Type I, SS, C, H, R | Max HR | Av HR | % in Z4 | % in Z5 | HZ Points | Weights/ Stretching | Comments |
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