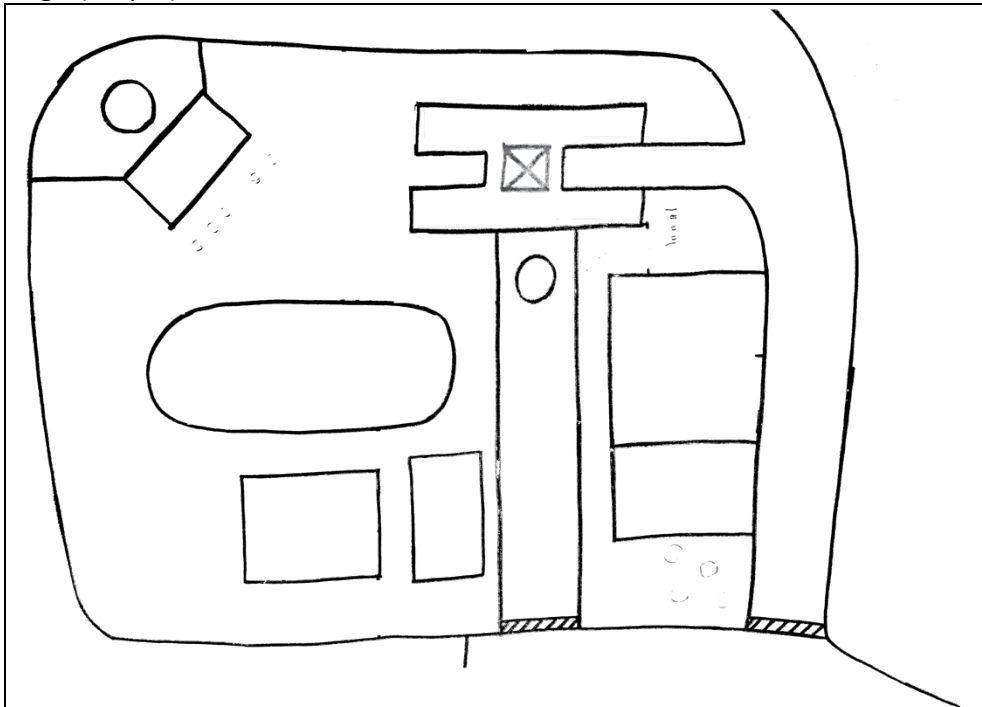




Name: _____

Route design (Step 4)



HR Chart:

| | | | |
|-------------------|--|----------------|--|
| FC at Rest | | MHR | |
| HAZ | | | |
| 60% MRH | | 85% MRH | |
| Laps HR | | | |
| 1 | | 6 | |
| 2 | | 7 | |
| 3 | | 8 | |
| 4 | | 9 | |
| 5 | | 10 | |

Laps HR Graph (Step 11):

