

ATHLETE HEART RATE PERFORMANCE LOG

Month/Year: _____

ATHLETE NAME:

RESTING HR:

MAX HR:

DATE	ACTIVITY / DRILL	DURATION	AVG HR	PEAK HR	RECOVERY (1M)	NOTES / FATIGUE LEVEL
------	------------------	----------	--------	---------	---------------	-----------------------

Zone 1 (50-60%) Recovery / Warm-up
Zone 2 (60-70%) Aerobic Base

Zone 3 (70-80%) Tempo / Endurance
Zone 4 (80-90%) Threshold / Lactate
Zone 5 (90-100%) Anaerobic / Sprint