

# Cardio training log

Date: \_\_\_\_\_

Notes: \_\_\_\_\_

Start time: \_\_\_\_\_

\_\_\_\_\_

End time: \_\_\_\_\_

\_\_\_\_\_

Duration: \_\_\_\_\_

\_\_\_\_\_

HIIT | Moderate Intensity ( HR=70-85% max ) | Low Intensity ( HR=55-70% max )

Exercise performed	Training method