



# WOODWAY

w229 n591 Foster Ct, Waukesha, WI 53186  
800-966-3929

## Subject data

### Subject Data

Name: Eric Weber	ID: 3
Birth Date: 09/06/1968	Age: 36 years
Subject: Active	Gender: Male
Weight: 178.0 lb	Height: 5 ft 10 in
B.M.I: 25.8 kg/m.m	

### Assessment Data

Assessment: 5	Date: 4/21/2005	Hour: 4:07:00 PM
Trainer: Trainers Name	ID:	

### Subject data

#### Goal

This is where you can enter the clients goal

#### Goal physical activity

This is where you can enter the clients activities to accomplish this goal

#### Smoking

Actual condition	Cigarettes/day	Smoke for how long	Quit for how long
Non smoking		years    months	years    months

#### Current physical activity

run

Time	Periodicity (days/week)	Intensity
years    months	4	Moderate

#### Diet

Meals/day	Comment
3	

#### Factors of personal risk

This is where you can enter general information regarding the clients medical history. You can also create standard comments to drop in to any area.

#### Factors of family risk

This is where you can enter information regarding the clients family medical history

#### General notes

This is an area to enter any general comments or observations about the client or their goals or outside factors



# WOODWAY

w229 n591 Foster Ct, Waukesha, WI 53186

800-966-3929

## Prescription Data

Name: Eric Weber

Birth Date: 9/6/1968

Goal:

Gender: Male

System User:

Periodization Date: 9/20/2005

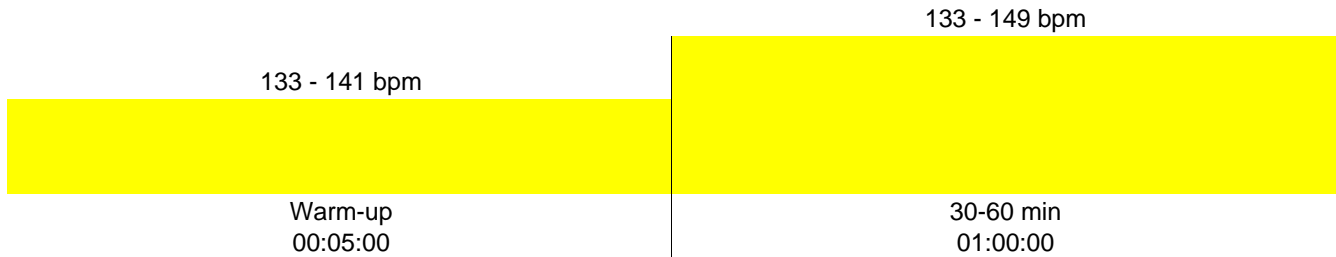
Next Assessment Date: 11/19/2005

## Training Zones

Zone Color	Initial HR ( bpm )	Final HR ( bpm )
Yellow	133	149
Green	157	170
Red	170	175

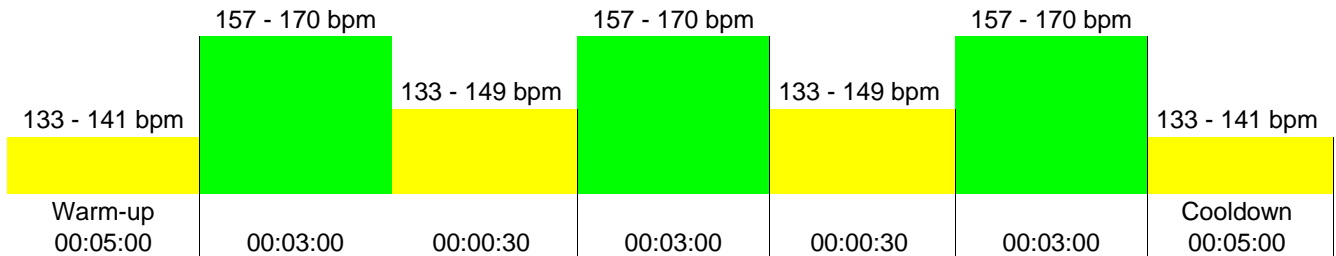
## Recovery Day 1

Note:



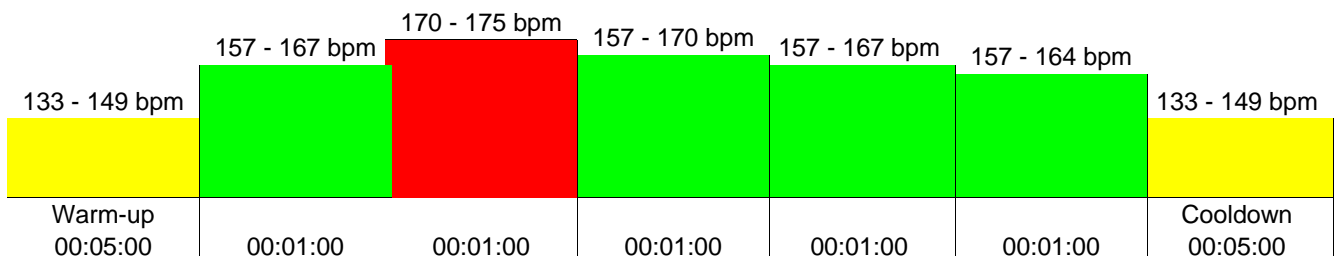
## Medium Intensity 5

Note:



## Interval Day 1

Note: Repeat the 5 min of work and recovery based on client's time frame that day. Reducing workload to keep HR in zone 2 without burning out the legs.













# WOODWAY

w229 n591 Foster Ct, Waukesha, WI 53186

800-966-3929

## Planner

2005	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
September			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					
October					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
November	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							

Legend :

Workout Color	Workout Name
Yellow	Recovery Day 1
Green	Medium Intensity 5
Red	Interval Day 1
Green	Medium Intensity 6
Red	Interval Day 2
Green	Medium Intensity 7
Red	Interval Day 3
Green	Medium Intensity 8
Red	Interval Day 4
Green	Medium Intensity 9
Red	Interval Day 5
Green	Medium Intensity 10
Red	Interval Day 6
Green	Medium Intensity 14
Red	Interval Day 25
Green	Medium Intensity 21
Red	Interval Day 9
Green	Medium Intensity 15
Red	Interval Day 28

Period :

From **9/21/2005** to **11/9/2005**



# WOODWAY

w229 n591 Foster Ct, Waukesha, WI 53186  
800-966-3929

## PAR-Q

### Subject Data

Name: Eric Weber	ID: 3		
Birth Date: 09/06/1968	Age: 36 years	Gender: Male	
Subject: Active	Weight: 178.0 lb	Height: 5 ft 10 in	B.M.I: 25.8 kg/m.m

### Assessment Data

Assessment: 5	Date: 4/21/2005	Hour: 4:07:00 PM
Trainer: Trainers Name	ID:	

### PAR-Q Questionnaire

Questions	YES	NO
1 - Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?		<input checked="" type="checkbox"/>
2 - Do you feel pain in your chest when you do physical activity?		<input checked="" type="checkbox"/>
3 - In the past month, have you had chest pain when you were not doing physical activity?		<input checked="" type="checkbox"/>
4 - Do you lose your balance because of dizziness or do you have losses of consciousness?		<input checked="" type="checkbox"/>
5 - Do you have a bone or joint problem that could be made worse by a change in your physical activity?		<input checked="" type="checkbox"/>
6 - Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?		<input checked="" type="checkbox"/>
7 - Do you know of any other reason why you should not do physical activity?		<input checked="" type="checkbox"/>

Eric Weber



# WOODWAY

w229 n591 Foster Ct, Waukesha, WI 53186  
800-966-3929

## VO<sub>2</sub> - Indirect

### Subject Data

Name: Eric Weber	Age: 36 years	ID: 3
Birth Date: 09/06/1968	Weight: 178.0 lb	Gender: Male
Subject: Active	Height: 5 ft 10 in	B.M.I: 25.8 kg/m.m

### Assessment Data

Assessment: 5	Date: 4/21/2005	Hour: 4:07:00 PM
Trainer: Trainers Name		ID:
Test Type: Treadmill	Protocol: 7 mph	

### Calculus

Rest. HR (bpm)	2 min HR Recovery (bpm)	Max HR achv. (bpm)	VT Heart Rate (bpm)
	<b>114</b>	<b>171</b>	<b>157</b>
VO <sub>2</sub> Max.Pr.(ml.kg.min)	VO <sub>2</sub> max Attained (ml/kg/min)	Cardio Fitness (%)	VO <sub>2</sub> VT (ml/kg/min)
<b>47.6</b>	<b>50.5</b>	<b>Good</b>	<b>41.5</b>
Duration (mm:ss)	Max HR pred. (bpm)	Max Pwr Attn (W)	VT Pwr (W)
<b>8:00</b>	<b>184</b>	<b>621.8</b>	<b>471.3</b>

### Training Zones

Description	Inf. Perc. (%)	Sup. Perc. (%)	Inf. HR (bpm)	Sup HR (bpm)
Moderate Activity	50	60	79	94
Weight control	60	70	94	110
Aerobic	70	80	110	126
Ventilatory Threshold	80	90	126	141
Maximal effort	90	100	141	157
--	--	--	--	--
--	--	--	--	--



# WOODWAY

w229 n591 Foster Ct, Waukesha, WI 53186  
800-966-3929

## VO<sub>2</sub> - Indirect

### Subject Data

Name: Eric Weber	ID: 3
Birth Date: 09/06/1968	Age: 36 years
Subject: Active	Gender: Male
Weight: 178.0 lb	Height: 5 ft 10 in
	B.M.I: 25.8 kg/m.m

### Assessment Data

Assessment: 5	Date: 4/21/2005	Hour: 4:07:00 PM
Trainer: Trainers Name		ID:
Test Type: Treadmill	Protocol: 7 mph	

### Ventilometry - Records

Est.	Time (mm:ss)	Spd. mph	Incl. (%)	HR (bpm)	VE (l/min)	VO2 (ml/kg/min)	Cal.Tot (kcal/min)	Cal. CH (kcal/min)	Cal. F (kcal/min)	% Fat (kcal/min)
1	00:30	3	0	76	14.3	17.1	6.5	0.8	5.7	88.0
2	01:00	4	0	82	14.1	21.7	8.3	1.6	6.7	80.8
3	01:30	4	0	92	17.5	21.7	8.4	2.8	5.6	66.6
4	02:00	5	0	93	17.5	26.3	10.2	3.4	6.8	66.6
5	02:30	5	0	117	29.7	26.3	10.4	6.3	4.1	39.2
6	03:00	6	0	125	40.5	31.0	12.3	8.3	4.0	32.5
7	03:30	6	0	131	42.8	31.0	12.4	9.2	3.2	25.9
8	04:00	6.5	0	139	45.0	33.3	13.4	11.3	2.2	16.0
9	04:30	7	0	145	55.1	35.6	14.4	13.1	1.4	9.6
10	05:00	7	1	149	56.8	37.1	15.1	14.1	1.0	6.4
11	05:30	7	2	154	62.8	38.6	15.7	15.7	0.0	0.0
12	06:00	7	3	156	64.2	40.0	16.3	16.3	0.0	0.0
13	06:30	7	4	157	63.0	41.5	16.9	16.9	0.0	0.0
14	07:00	7	6	164	77.1	44.4	18.1	18.1	0.0	0.0
15	07:30	7	8	167	85.3	47.4	19.3	19.3	0.0	0.0
16	08:00	7.5	8	171	91.4	50.5	20.6	20.6	0.0	0.0
17	10:00	3	0	114		17.1	6.7	3.9	2.9	42.5

Exertion Peak
  Ventilatory Threshold
  2 minutes HR Recovery



# WOODWAY

w229 n591 Foster Ct, Waukesha, WI 53186  
800-966-3929

## VO<sub>2</sub> - Indirect

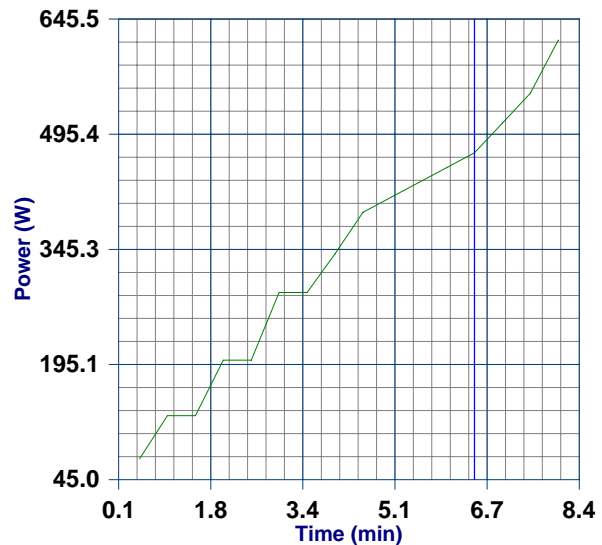
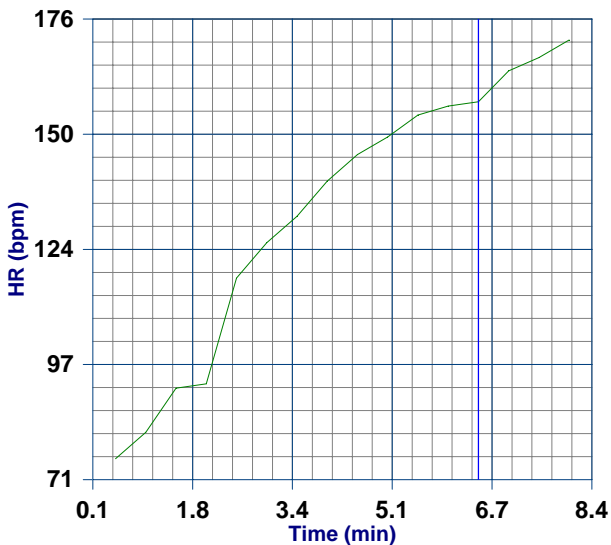
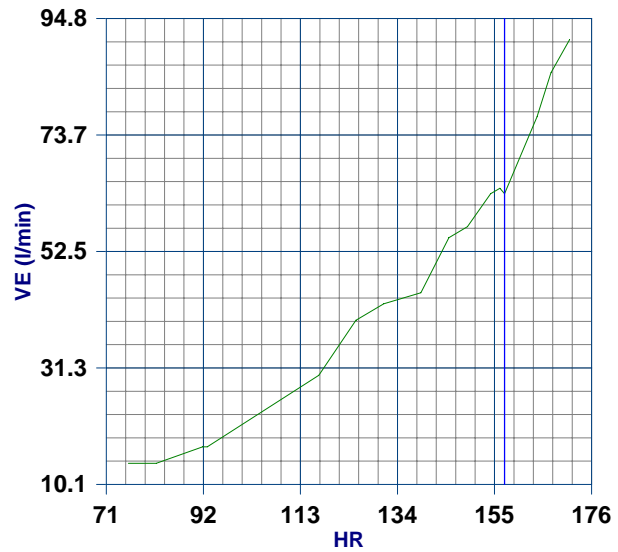
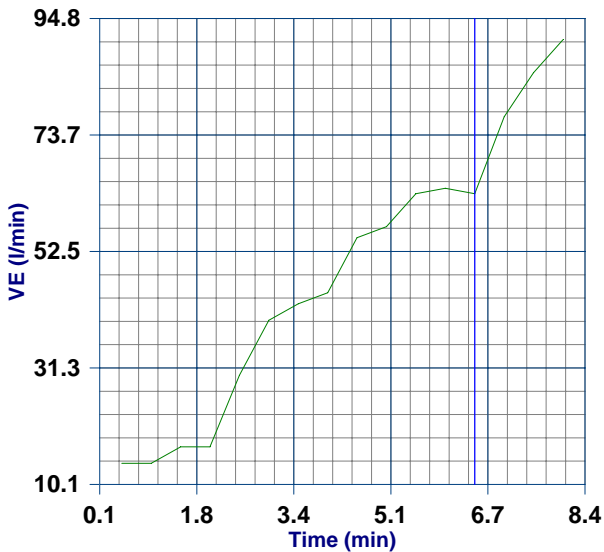
### Subject Data

Name: Eric Weber	ID: 3		
Birth Date: 09/06/1968	Age: 36 years	Gender: Male	
Subject: Active	Weight: 178.0 lb	Height: 5 ft 10 in	B.M.I: 25.8 kg/m.m

### Assessment Data

Assessment: 5	Date: 4/21/2005	Hour: 4:07:00 PM
Trainer: Trainers Name	ID:	
Test Type: Treadmill	Protocol: 7 mph	

### Charts





# WOODWAY

w229 n591 Foster Ct, Waukesha, WI 53186  
800-966-3929

## VO<sub>2</sub> - Indirect

### Subject Data

Name: Eric Weber	ID: 3		
Birth Date: 09/06/1968	Age: 36 years	Gender: Male	
Subject: Active	Weight: 178.0 lb	Height: 5 ft 10 in	B.M.I: 25.8 kg/m.m

### Assessment Data

Assessment: 5	Date: 4/21/2005	Hour: 4:07:00 PM
Trainer: Trainers Name	ID:	
Test Type: Treadmill	Protocol: 7 mph	

### Results

	Actual HR	Predicted HR	Actual VO <sub>2</sub>
Start	<b>76</b>	-	-
VT	<b>157</b>	-	<b>41.5</b>
Peak	<b>171</b>	<b>184</b>	<b>50.5</b>

Fitness  
Score

**Good**

2 Min  
Recovery

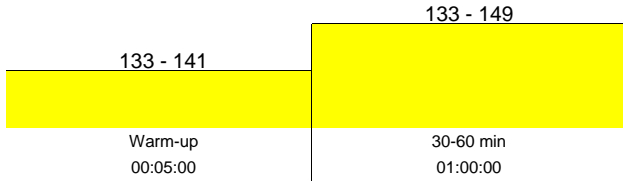
**114**

% Peak  
VT

**82**

**Recovery Day 1** HR - bpm

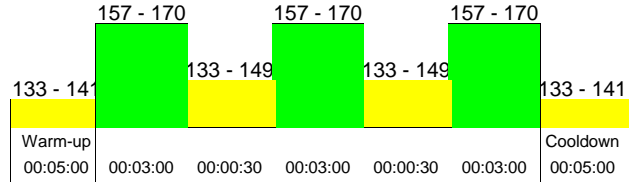
Name: Eric Weber Date: 9/21/2005



**Note:**

**Medium Intensity 5** HR - bpm

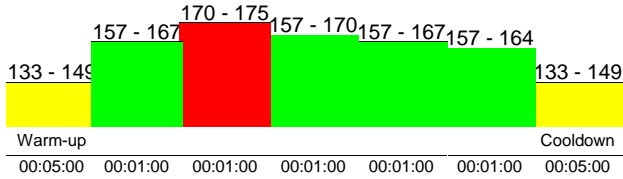
Name: Eric Weber Date: 9/22/2005



**Note:**

**Interval Day 1** HR - bpm

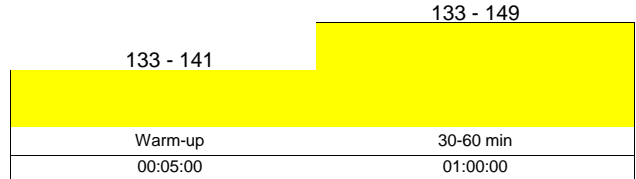
Name: Eric Weber Date: 9/24/2005



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. Reducing workload to keep HR in zone 2 without burning out the legs.

**Recovery Day 1** HR - bpm

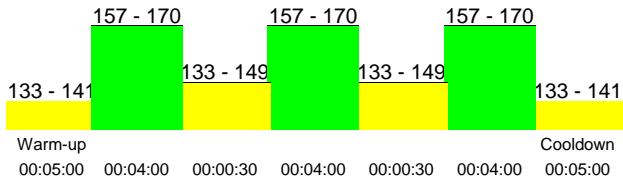
Name: Eric Weber Date: 9/25/2005



**Note:**

**Medium Intensity 6** HR - bpm

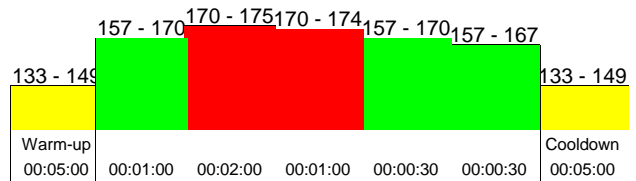
Name: Eric Weber Date: 9/26/2005



**Note:**

**Interval Day 2** HR - bpm

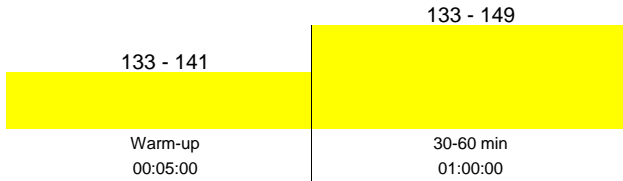
Name: Eric Weber Date: 9/28/2005



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. Reducing workload to keep HR in zone 3 without burning out the legs for 2 min. Then 2 min in 2nd zone.

**Recovery Day 1** HR - bpm

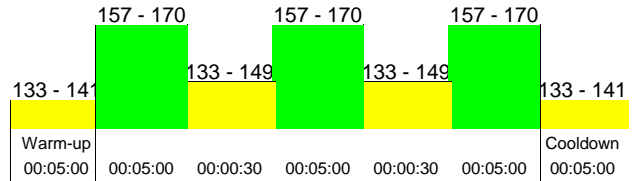
Name: Eric Weber Date: 9/29/2005



**Note:**

**Medium Intensity 7** HR - bpm

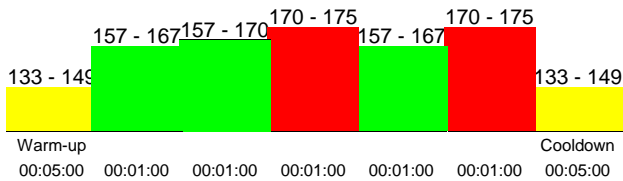
Name: Eric Weber Date: 10/1/2005



**Note:**

**Interval Day 3** HR - bpm

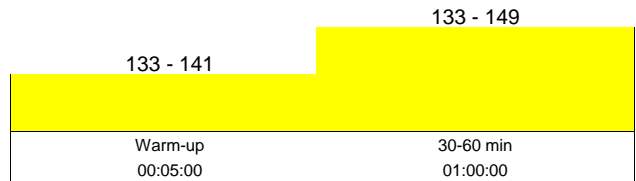
Name: Eric Weber Date: 10/2/2005



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. Slowly increase workload to take client through zone 3 after 1min overload to peak, watch recovery HR for 1min if recovery is good then overload again to peak zone.

**Recovery Day 1** HR - bpm

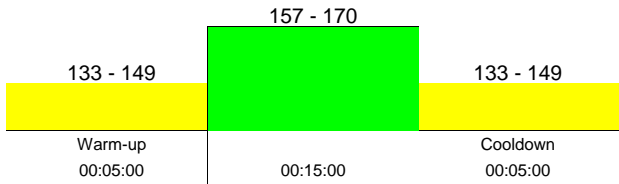
Name: Eric Weber Date: 10/3/2005



**Note:**

**Medium Intensity 8** HR - bpm

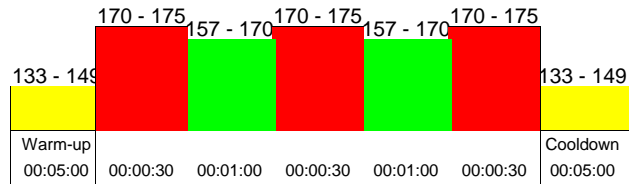
Name: Eric Weber Date: 10/5/2005



**Note:**

**Interval Day 4** HR - bpm

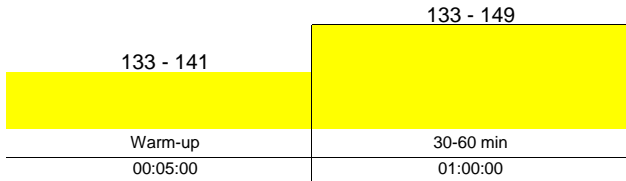
Name: Eric Weber Date: 10/6/2005



**Note:** Repeat the 3.5 min of work and recovery based on client's time frame that day. By the end of each :30 sprint the client should be at the top of their interval HR. The 1 min. in the middle is for active recovery.

**Recovery Day 1** HR - bpm

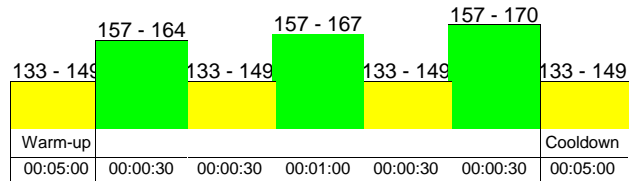
Name: Eric Weber Date: 10/8/2005



**Note:**

**Medium Intensity 9** HR - bpm

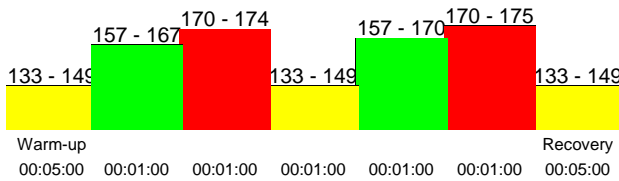
Name: Eric Weber Date: 10/9/2005



**Note:** Repeat the 3 min of work and recovery based on client's time frame that day. Add workload (watts, incline, level) to each sprint the goal is to increase strenght by overloading the legs. The :30 yellow is for leg recovery.

**Interval Day 5** HR - bpm

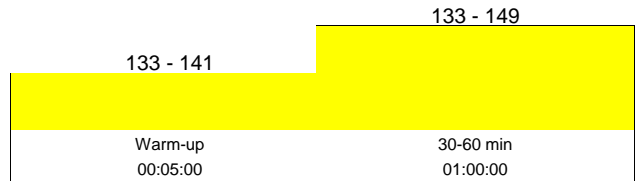
Name: Eric Weber Date: 10/10/2005



**Note:** Repeat 5 min of work and recovery based on client's time frame. Add workload (watts, incline, level) to each sprint the goal is to increase strenght by overloading the legs. 1 min yellow is for leg recovery. Cooldown for 2-5 min.

**Recovery Day 1** HR - bpm

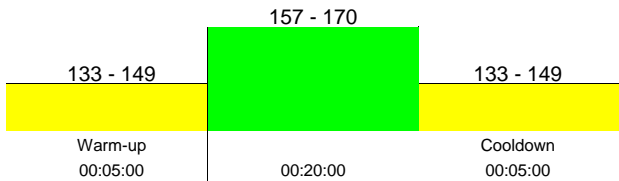
Name: Eric Weber Date: 10/12/2005



**Note:**

**Medium Intensity 10** HR - bpm

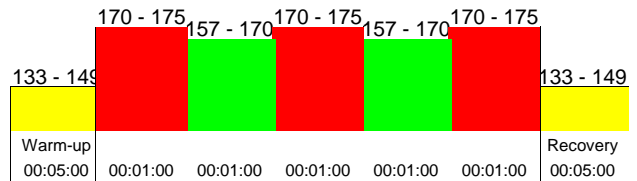
Name: Eric Weber Date: 10/13/2005



**Note:**

**Interval Day 6** HR - bpm

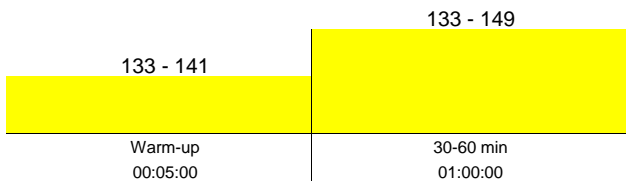
Name: Eric Weber Date: 10/15/2005



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. By the end of each 1 min sprint the client should be at the top of their interval HR. The 1 min in the middle is for a light recovery. Cooldown for 2-5 min.

**Recovery Day 1** HR - bpm

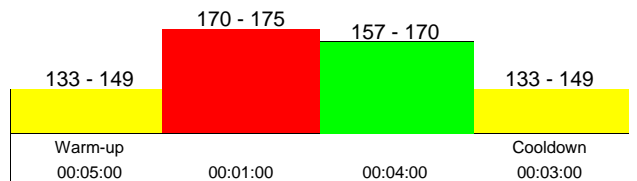
Name: Eric Weber Date: 10/16/2005



**Note:**

**Medium Intensity 14** HR - bpm

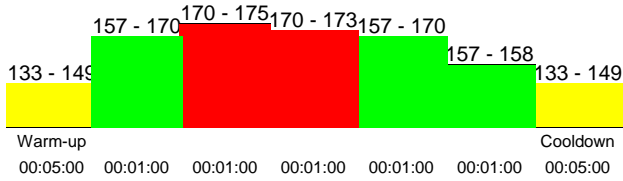
Name: Eric Weber Date: 10/17/2005



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to use the 1 min sprint at the beginning of the sprint to get the HR to the top of zone two, then hold that intensity for the next 4 min.

**Interval Day 25** HR - bpm

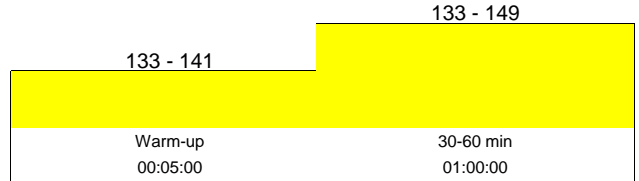
Name: Eric Weber Date: 10/19/2005



**Note:** Repeat the 5 min of work and recovery 3x on different pieces of equipment. Keep HR in Peak Zone while reducing workload before dropping to Zone 2 for the last 2 minutes.

**Recovery Day 1** HR - bpm

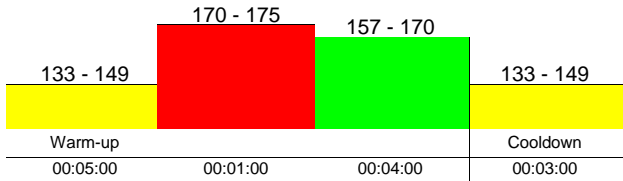
Name: Eric Weber Date: 10/20/2005



**Note:**

**Medium Intensity 14** HR - bpm

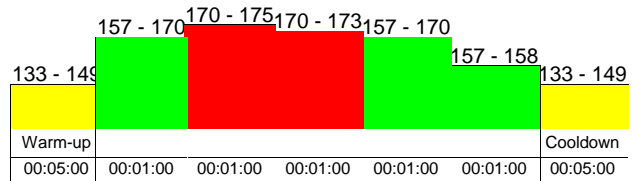
Name: Eric Weber Date: 10/22/2005



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to use the 1 min sprint at the beginning of the sprint to get the HR to the top of zone two, then hold that intensity for the next 4 min.

**Interval Day 25** HR - bpm

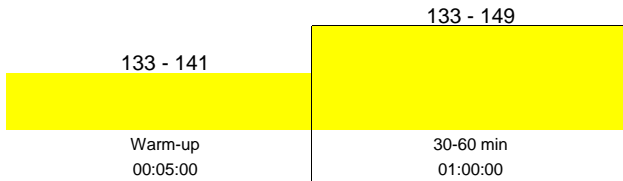
Name: Eric Weber Date: 10/23/2005



**Note:** Repeat the 5 min of work and recovery 3x on different pieces of equipment. Keep HR in Peak Zone while reducing workload before dropping to Zone 2 for the last 2 minutes.

**Recovery Day 1** HR - bpm

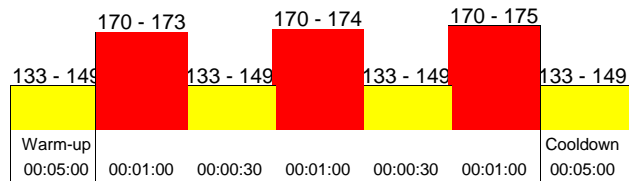
Name: Eric Weber Date: 10/24/2005



**Note:**

**Medium Intensity 21** HR - bpm

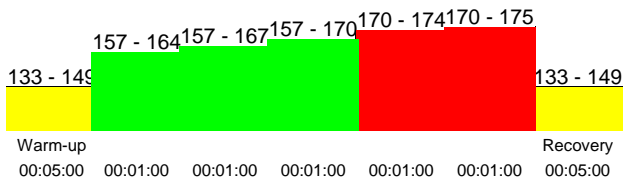
Name: Eric Weber Date: 10/26/2005



**Note:** Repeat the 4 min of work and recovery based on client's time frame that day

**Interval Day 9** HR - bpm

Name: Eric Weber Date: 10/27/2005



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to increase the workload (watts, level, incline) each minute until leg fatigue. Cooldown for 2-5 min.

**Recovery Day 1** HR - bpm

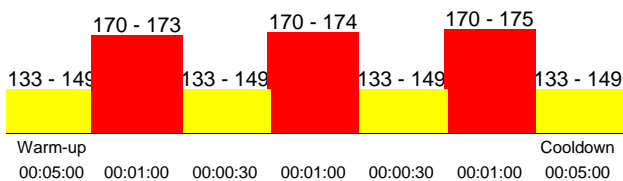
Name: Eric Weber Date: 10/29/2005



**Note:**

**Medium Intensity 21** HR - bpm

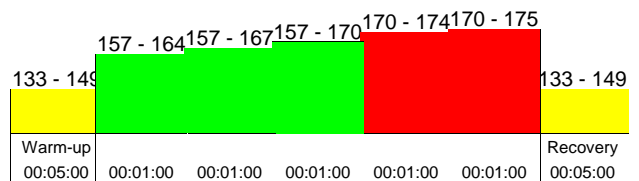
Name: Eric Weber Date: 10/30/2005



**Note:** Repeat the 4 min of work and recovery based on client's time frame that day

**Interval Day 9** HR - bpm

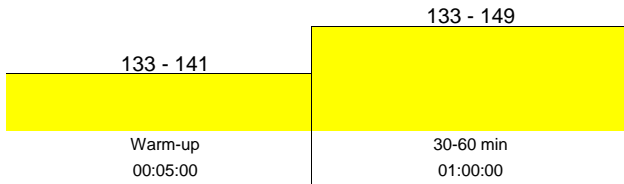
Name: Eric Weber Date: 10/31/2005



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to increase the workload (watts, level, incline) each minute until leg fatigue. Cooldown for 2-5 min.

**Recovery Day 1** HR - bpm

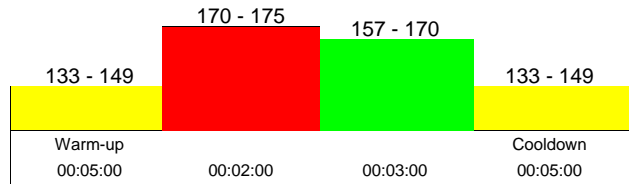
Name: Eric Weber Date: 11/2/2005



**Note:**

**Medium Intensity 15** HR - bpm

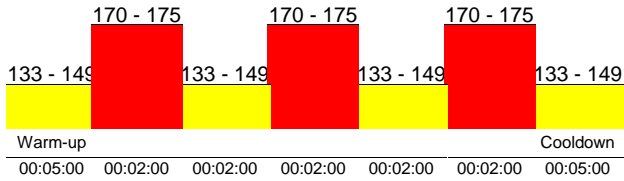
Name: Eric Weber Date: 11/3/2005



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to use the 2 min sprint at the beginning of the sprint to get the HR to the top of zone two, then hold that intensity for the next 3 min.

**Interval Day 28** HR - bpm

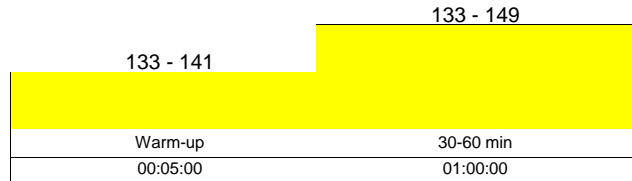
Name: Eric Weber Date: 11/5/2005



**Note:** Repeat the 10 min of work and recovery based on client's time frame that day. These are 2 min sprints with a 2 min recovery.

**Recovery Day 1** HR - bpm

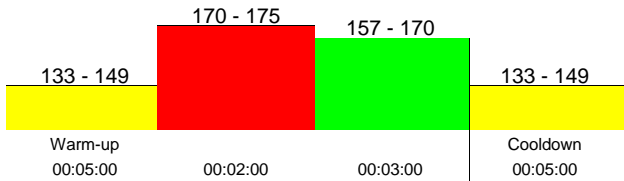
Name: Eric Weber Date: 11/6/2005



**Note:**

**Medium Intensity 15** HR - bpm

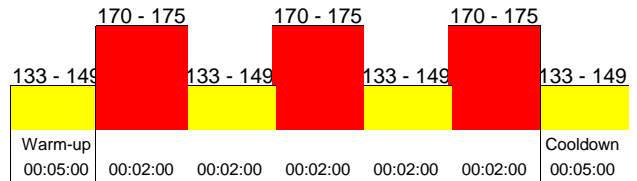
Name: Eric Weber Date: 11/7/2005



**Note:** Repeat the 5 min of work and recovery based on client's time frame that day. The goal is to use the 2 min sprint at the beginning of the sprint to get the HR to the top of zone two, then hold that intensity for the next 3 min.

**Interval Day 28** HR - bpm

Name: Eric Weber Date: 11/9/2005



**Note:** Repeat the 10 min of work and recovery based on client's time frame that day. These are 2 min sprints with a 2 min recovery.