

HST: Week 1

15RM	Date:		Date:		Date:	
	Reps	Weight	Reps	Weight	Reps	Weight

Rest: 30-90 Seconds

Exercise 1: _____ No Rest	WU __		Exercise 2: _____ 60 Seconds Rest	WU __		Exercise 3: _____ No Rest	WU __	

Exercise 3: _____ No Rest			Exercise 4: _____ 60 Seconds Rest			Exercise 5: _____ No Rest		

Exercise 5: _____ No Rest			Exercise 6: _____ 60 Seconds Rest			Exercise 7: _____ No Rest		

Exercise 7: _____ No Rest			Exercise 8: _____ 60 Seconds Rest			Exercise 9: _____ No Rest		

Exercise 9: _____ No Rest			Exercise 10: _____ 60 Seconds Rest			Exercise 11: _____ No Rest		

Exercise 11: _____ No Rest			Exercise 12: _____ 60 Seconds Rest			Cardiovascular Training Type: _____		

Date:		Date:	
%MHR:	Time:	%MHR:	Time:

HST: Week 2

15RM	Date:		Date:		Date:	
	Reps	Weight	Reps	Weight	Reps	Weight

Rest: 30-90 Seconds

Exercise 1: _____ No Rest	WU __		Exercise 2: _____ 60 Seconds Rest	WU __		Exercise 3: _____ No Rest	WU __	

Exercise 3: _____ No Rest			Exercise 4: _____ 60 Seconds Rest			Exercise 5: _____ No Rest		

Exercise 5: _____ No Rest			Exercise 6: _____ 60 Seconds Rest			Exercise 7: _____ No Rest		

Exercise 7: _____ No Rest			Exercise 8: _____ 60 Seconds Rest			Exercise 9: _____ No Rest		

Exercise 9: _____ No Rest			Exercise 10: _____ 60 Seconds Rest			Exercise 11: _____ No Rest		

Exercise 11: _____ No Rest			Exercise 12: _____ 60 Seconds Rest			Cardiovascular Training Type: _____		

Date:	
%MHR:	Time:

Date:	
%MHR:	Time:

HST: Week 3

10RM	Date:		Date:		Date:	
	Reps	Weight	Reps	Weight	Reps	Weight

Rest: 30-90 Seconds

Exercise 1: _____ No Rest	WU __		Exercise 2: _____ 60 Seconds Rest	WU __		Exercise 3: _____ No Rest	WU __	

Exercise 3: _____ No Rest			Exercise 4: _____ 60 Seconds Rest			Exercise 5: _____ No Rest		

Exercise 5: _____ No Rest			Exercise 6: _____ 60 Seconds Rest			Exercise 7: _____ No Rest		

Exercise 7: _____ No Rest			Exercise 8: _____ 60 Seconds Rest			Exercise 9: _____ No Rest		

Exercise 9: _____ No Rest			Exercise 10: _____ 60 Seconds Rest			Exercise 11: _____ No Rest		

Exercise 11: _____ No Rest			Exercise 12: _____ 60 Seconds Rest			Cardiovascular Training Type: _____		

Date:	
%MHR:	Time:

Date:	
%MHR:	Time:

HST: Week 4

10RM	Date:		Date:		Date:	
	Reps	Weight	Reps	Weight	Reps	Weight

Rest: 30-90 Seconds

Exercise 1: _____ No Rest	WU	__				
Exercise 2: _____ 60 Seconds Rest	WU	__				

Exercise 3: _____ No Rest						
Exercise 4: _____ 60 Seconds Rest	WU	__				

Exercise 5: _____ No Rest						
Exercise 6: _____ 60 Seconds Rest	WU	__				

Exercise 7: _____ No Rest						
Exercise 8: _____ 60 Seconds Rest	WU	__				

Exercise 9: _____ No Rest						
Exercise 10: _____ 60 Seconds Rest	WU	__				

Exercise 11: _____ No Rest						
Exercise 12: _____ 60 Seconds Rest	WU	__				

Cardiovascular Training Type: _____	Date:		Date:	
	%MHR:	Time:	%MHR:	Time:

HST: Week 5

5RM	Date:		Date:		Date:	
	Reps	Weight	Reps	Weight	Reps	Weight

Rest: 3-4 Minutes

Exercise 1: _____ No Rest	WU	__				
Exercise 2: _____ 120 Seconds Rest						

Exercise 3: _____ No Rest						
Exercise 4: _____ 120 Seconds Rest						

Exercise 5: _____ No Rest						
Exercise 6: _____ 120 Seconds Rest						

Exercise 7: _____ No Rest						
Exercise 8: _____ 120 Seconds Rest						

Exercise 9: _____ No Rest						
Exercise 10: _____ 120 Seconds Rest						

Exercise 11: _____ No Rest						
Exercise 12: _____ 120 Seconds Rest						

Cardiovascular Training Type: _____	Date:		Date:	
	%MHR:	Time:	%MHR:	Time:

HST: Week 6

5RM	Date:		Date:		Date:	
	Reps	Weight	Reps	Weight	Reps	Weight

Rest: 3-4 Minutes

Exercise 1: _____ 0-120 Seconds Rest	WU	__			
Exercise 2: _____ 120 Seconds Rest					

Exercise 3: _____ 0-120 Seconds Rest					
Exercise 4: _____ 120 Seconds Rest					

Exercise 5: _____ 0-120 Seconds Rest					
Exercise 6: _____ 120 Seconds Rest					

Exercise 7: _____ 0-120 Seconds Rest					
Exercise 8: _____ 120 Seconds Rest					

Exercise 9: _____ 0-120 Seconds Rest					
Exercise 10: _____ 120 Seconds Rest					

Exercise 11: _____ 0-120 Seconds Rest					
Exercise 12: _____ 120 Seconds Rest					

Cardiovascular Training Type: _____	Date:		Date:	
	%MHR:	Time:	%MHR:	Time:

HST: Week 7

5RM +	Date:		Date:		Date:	
	Reps	Weight	Reps	Weight	Reps	Weight

Rest: 3-4 Minutes

Exercise 1: _____ 0-120 Seconds Rest	WU	__			
Exercise 2: _____ 120 Seconds Rest					

Exercise 3: _____ 0-120 Seconds Rest					
Exercise 4: _____ 120 Seconds Rest					

Exercise 5: _____ 0-120 Seconds Rest					
Exercise 6: _____ 120 Seconds Rest					

Exercise 7: _____ 0-120 Seconds Rest					
Exercise 8: _____ 120 Seconds Rest					

Exercise 9: _____ 0-120 Seconds Rest					
Exercise 10: _____ 120 Seconds Rest					

Exercise 11: _____ 0-120 Seconds Rest					
Exercise 12: _____ 120 Seconds Rest					

Cardiovascular Training Type: _____	Date:		Date:	
	%MHR:	Time:	%MHR:	Time:

HST: Week 8

5RM +	Date:		Date:		Date:	
	Reps	Weight	Reps	Weight	Reps	Weight

Rest: 3-4 Minutes

Exercise 1: _____ 0-120 Seconds Rest	WU	__			
Exercise 2: _____ 120 Seconds Rest					

Exercise 3: _____ 0-120 Seconds Rest					
Exercise 4: _____ 120 Seconds Rest					

Exercise 5: _____ 0-120 Seconds Rest					
Exercise 6: _____ 120 Seconds Rest					

Exercise 7: _____ 0-120 Seconds Rest					
Exercise 8: _____ 120 Seconds Rest					

Exercise 9: _____ 0-120 Seconds Rest					
Exercise 10: _____ 120 Seconds Rest					

Exercise 11: _____ 0-120 Seconds Rest					
Exercise 12: _____ 120 Seconds Rest					

Cardiovascular Training Type: _____	Date:		Date:	
	%MHR:	Time:	%MHR:	Time: