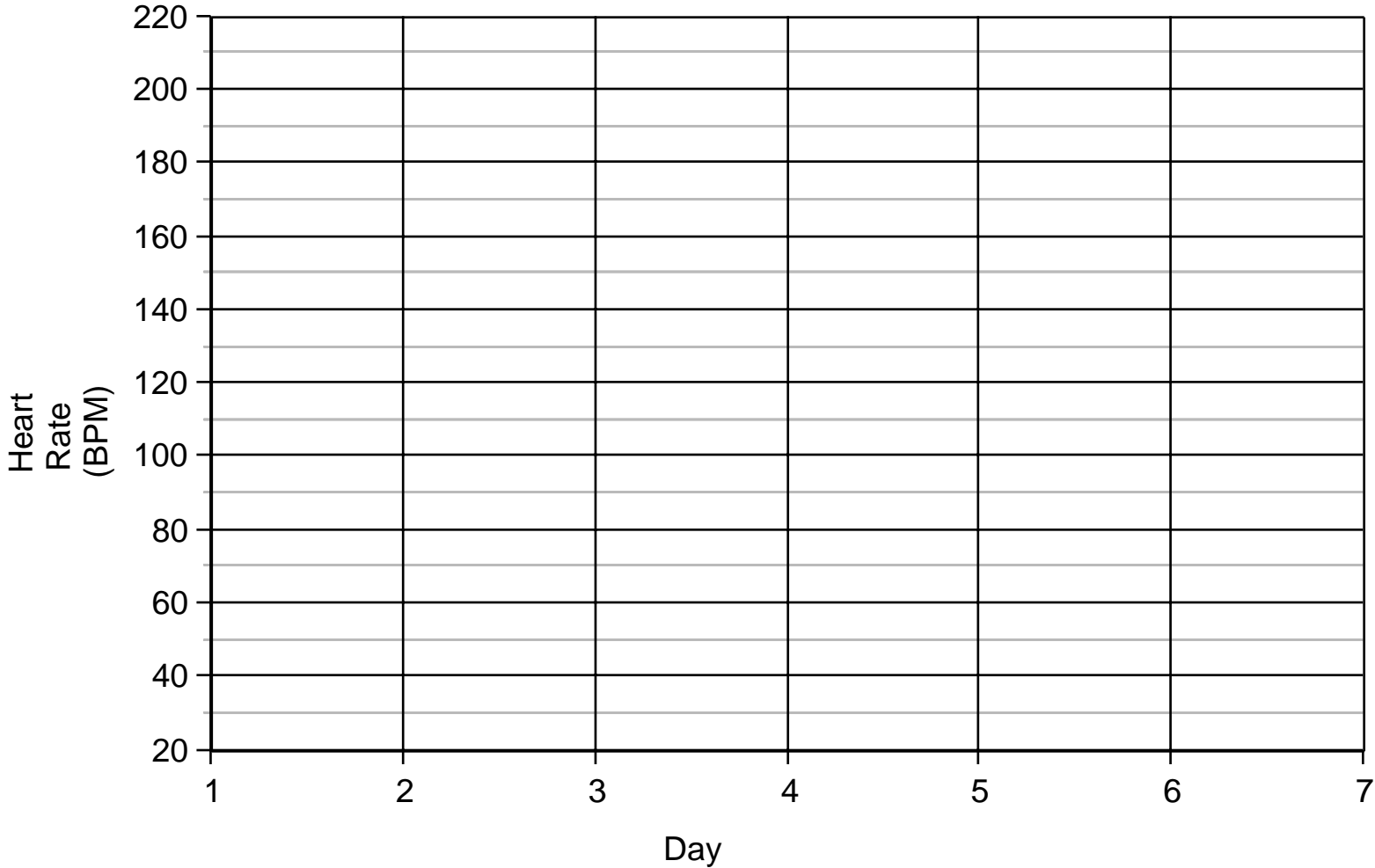


# Graphing Recovery Heart Rate



NASPE/ING Run For Something Better Heart Rate Activity Plan  
([www.naspeinfo.org/run](http://www.naspeinfo.org/run))