

HEART ZONES EDUCATION CIRCUIT TRAINING LOG

Name: _____ Date: _____

Workout		1	2	3	4	5	6	7	8	9	10
Date											
Station 1: Ambient heart rate	15 sec										
	30 sec										
	45 sec										
	1 min										
	2 min										
Station 2: Standing delta heart rate	Standing heart rate										
	Prone heart rate										
	Delta heart rate										
Station 3: Recovery heart rate	Recovery heart rate										
Station 4: Threshold challenge	Activity										
	Threshold heart rate										
Station 5: Heart zones circuit 800	Activity										
	Heart rate										
	Time										

Heart zone	Percentage of MHR	Your zone bpm
5 Red line	100-90	
4 Threshold	80-90	
3 Aerobic	70-80	
2 Temperate	60-70	
1 Healthy heart	50-60	

Goals

- 1.
- 2.
- 3.