

Name: _____ Date: _____ Ambient heart rate: _____

A recovery heart rate is the number of beats per minute (bpm) the heart rate drops after cessation of exercise.

Define mindful recovery.

To determine your recovery heart rate, you must first exercise to a peak heart rate of 30 to 50 bpm above your ambient heart rate. Maintain that activity level for five minutes, noting the maximum number of beats at the end of five minutes.

After the activity phase, start a mindful recovery phase; then, after two minutes, record your heart rate again. You may choose any passive recovery process to lower your heart rate. Some people like to lie down, close their eyes, elevate their feet, and breathe deeply. Others simply like to close their eyes and sit quietly. You may want to try different ways to find the most effective process for you.

My peak heart rate after five minutes of activity is _____ bpm.

My heart rate after two minutes of mindful recovery is _____ bpm.

The difference between these two numbers is my recovery heart rate. My intrarecovery (i.e., within a workout) heart rate today is _____ bpm.

What can you expect to see in your recovery heart rate as your heart becomes fitter and you become more skilled at mindful recovery?

Why?

Repeat the same activity, this time using the following chart to track your heart rate activity. Were the two trial results the same? If not, what do you think accounts for the difference?

