

TWIN PEAKS WORKOUT

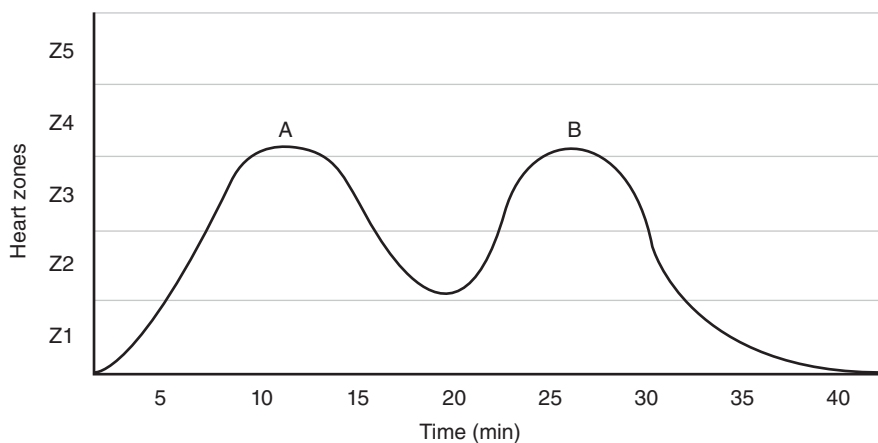


This workout improves fitness by pushing your anaerobic threshold. This is a challenging workout and offers a multitude of benefits. It is also adaptable: you can substitute zone 2 and zone 3 intensities for the zone 3 and zone 4 intensities shown here, thus achieving a different training load for the session.

Instructions

This 30-minute workout consists of two identical 15-minute periods. In each period, you gradually increase your exercise effort. After seven minutes, you should be at or above the floor of zone 4, the threshold zone (80 percent of MHR). After you reach this heart rate, slow or back off your pace and recover to your temperate zone (zone 2; 60 percent of MHR) in seven to eight minutes. Then repeat the cycle, climbing to a zone 4 heart rate in seven minutes and reducing your efforts to recover to zone 2. End the session with a cool-down.

This workout can be done on any piece of aerobic equipment, but depending on the equipment, it may take longer than seven minutes to build up to the desired heart rate. Running or skating should be done on a track or other controlled, smooth surface to manage the load.



Workout segment	Time in zone (min)	Zone	HZT points
Warm-up and initial set	7	Start in zone 1 and gradually increase effort to above the floor of zone 4.	21
Main set A; decrease effort	8	Spend one minute in zone 4, then seven minutes decreasing effort from zone 3 to zone 2.	25
Main set B; increase effort	8	Increase effort to zone 3 and zone 4; stay one minute in zone 4.	25
Cool-down	7	Decrease effort from zone 3 to zone 2.	21
Totals	30	Four zones	92