

RICOCHET WORKOUT (INTERVAL)



Name: _____ Date: _____ Ambient heart rate: _____

This is an interval workout that uses all five zones as well as recovery heart rate. You can adapt this workout for running, cycling, swimming, race walking, skating, snowshoeing, and many other activities. It is based on 400-yard (365.8 m) sets of exercise in which you recover to zone 1 between sets. The first 400 yards is done in zone 2 followed by two 200-yard (182.9 m) repeats in zone 3; then four 100-yard (91.4 m) repeats in zone 4. The last set, which is optional, consists of eight 50-yard (45.7 m) repeats in zone 5. Recover to zone 1 (50 percent of MHR) between sets and repetitions.

The outline of this workout, which is an interval training workout and a ladder, is shown in the following table:

Step	Zone	% MHR	HZT points
1. Warm-up: 100 yards	Zone 1	50	
2. 400 yards	Zone 2	60-70	
3. Recovery	Zone 1	50	
4. 200 yards	Zone 3	70-80	
5. Recovery	Zone 1	50	
6. 200 yards	Zone 3	70-80	
7. Recovery	Zone 1	50	
8. 100 yards	Zone 4	80-90	
9. Recovery	Zone 1	50	
10. 100 yards	Zone 4	80-90	
11. Recovery	Zone 1	50	
12. 100 yards	Zone 4	80-90	
13. Recovery	Zone 1	50	
14. 100 yards	Zone 4	80-90	
15. Recovery	Zone 1	50	
			Total HZT points _____

Step	Zone	% MHR	HZT points
Optional			
16. 50 yards	Zone 5 floor	90	
17. Recovery	Zone 1	50	

Repeat 16 and 17 seven more times, always recovering to zone 1 before starting another repetition in zone 5.

Record your HZT points in your journal.

