



This workout raises your anaerobic threshold heart rate using long intervals at specific heart rates. It can apply to almost any aerobic activity. Anaerobic fitness training is strenuous. It is called high, hard, and hot fitness training because it is done in the high-intensity heart zones at a hard rating of perceived exertion (RPE) level, and hot body temperatures are created.

To do this workout, you need to know your MHR and your estimated anaerobic threshold heart rate. (To estimate anaerobic threshold heart rate, use the midpoint of the threshold zone. For example, if your threshold zone of 80 to 90 percent of MHR is 140 to 160 bpm, use 150 bpm for your estimated anaerobic threshold heart rate.)

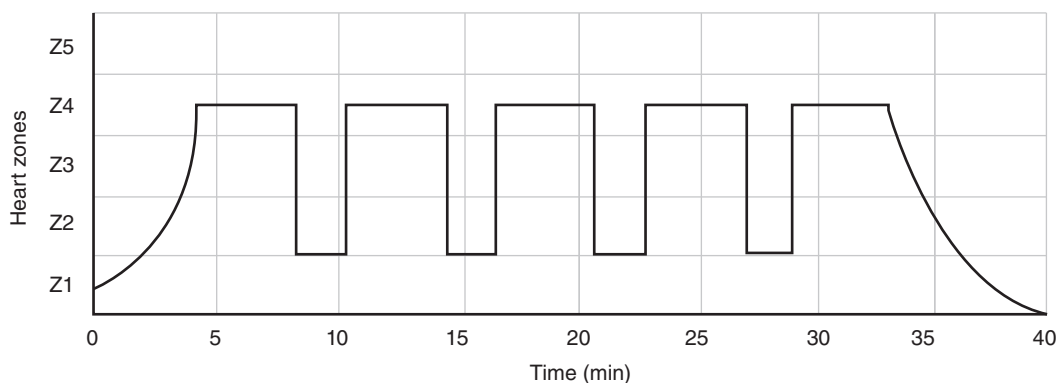
## Instructions

This interval training session involves four-minute stress periods at the midpoint of zone 4, followed by two-minute recovery periods at the floor of zone 2. After warming up adequately, quickly accelerate to the midpoint of zone 4 and maintain that heart rate for the remaining time of the four-minute stress period.

After four minutes, quickly slow your exercise intensity so that your heart rate drops to the floor of zone 2; stay at that level for the remainder of the two minutes. Repeat this cycle five times for a total workout time of 40 minutes, including a warm-up and a cool-down.

This workout is for people with a higher fitness level, particularly those training for races or sport competitions. Those who are fit and want to get fitter will love this one, too. If you prefer to fitness train using distance, you can substitute distance for time. You can also expand the duration progressively (e.g., from 30 minutes to 36, 42, or 48 minutes).

For effective interrecovery, be sure to schedule an easy workout or a day off after this workout (e.g., a healthy heart or temperate zone workout).



<b>Workout segment</b>	<b>Time in zone (min)</b>	<b>Zone</b>	<b>HZT points</b>
Warm-up	6	Build quickly to midpoint of zone 4.	15
Main set; maintain	4	4 (midpoint)	16
Main set; decrease to zone 2 and maintain	2	2	4
Main set; increase to zone 4 and maintain	4	4 (midpoint)	16
Main set; decrease to zone 2 and maintain	2	2	4
Main set; increase to zone 4 and maintain	4	4 (midpoint)	16
Main set; decrease to zone 2 and maintain	2	2	4
Main set; increase to zone 4 and maintain	4	4 (midpoint)	16
Main set; decrease to zone 2 and maintain	2	2	4
Main set; increase to zone 4 and maintain	4	4 (midpoint)	16
Repeat the main-set cycle five times. The number of repetitions will be determined by your heart rate recovery rate. When you reach the midpoint of zone 4, maintain that intensity for four minutes; then recover to zone 2 for two minutes. As soon as the two-minute recovery is complete, return to the midpoint of zone 4 for another four minutes. After the fifth four-minute session in zone 4, start the cool-down.			
Cool-down	6	2	12
<b>Totals</b>	40	Two zones	123