

EASY DOES IT WORKOUT

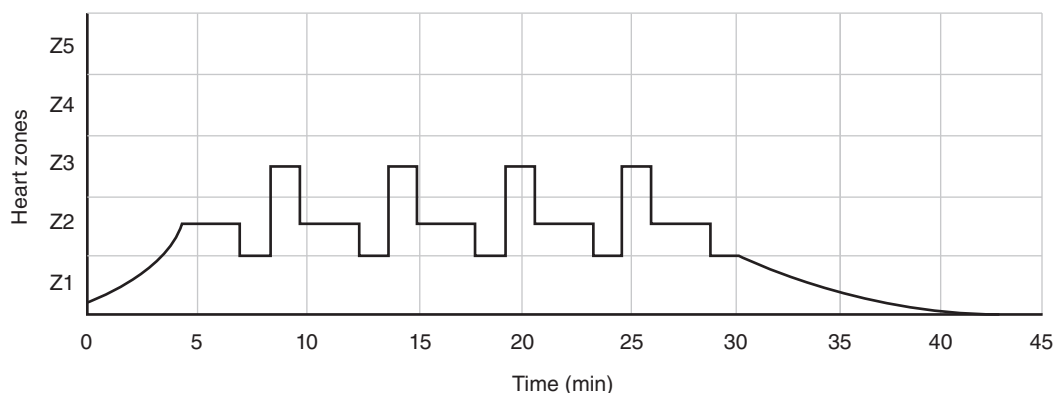


This interval workout is performed in the low heart zones. The intensity ranges from 60 to 75 percent of MHR in zones 2 and 3. This workout is universal, in that it can be performed in most gyms as well as on any piece of aerobic equipment.

Instructions

The protocol for the workout is a simple series of two- and four-minute stages in zones 2 and 3. After warming up in zone 1, increase your heart rate to work four minutes at the midpoint of zone 2. Then recover to the floor of zone 2 (60 percent of MHR) for two minutes. Increase your intensity to the midpoint of zone 3 (75 percent of MHR) for two minutes. Then recover to the midpoint of zone 2 for two minutes, and then recover to the floor of zone 2 and repeat. Repeat this cycle four times. As you get fitter, you may increase the work intervals by one minute, increasing the zone 3 period to three minutes while simultaneously maintaining recovery time at two minutes or less.

For variety, compare the workout using different activities and RPEs (e.g., in-line skating, running).



Workout segment	Time in zone (min)	Zone	HZT points
Warm-up	5	1	5
Main set; increase heart rate	4	2 (midpoint)	8
Recover	2	2 (floor)	4
Main set; increase heart rate	2	3 (midpoint)	6
Recover	2	2 (midpoint)	4
Recover	2	2 (floor)	4
Repeat the main set/recovery cycle four times.			
Cool-down	5	1	5
Totals	50	Three zones	98