

DESIGN YOUR WORKOUT

Name: _____ Date: _____ Ambient heart rate: _____

Use this form to design your own workout. Remember to keep your goal(s) in mind and include a warm-up and a cool-down time that is at least 10 percent of the total workout time.

My short-term goal is _____

My maximal heart rate (MHR): _____ bpm

My individual heart zones:

Zone 5 (90 to 100% MHR): _____ to _____ bpm

Zone 4 (80 to 90% MHR): _____ to _____ bpm

Zone 3 (70 to 80% MHR): _____ to _____ bpm

Zone 2 (60 to 70% MHR): _____ to _____ bpm

Zone 1 (50 to 60% MHR): _____ to _____ bpm

Workout name and activity:

MY WORKOUT OUTLINE

Time in zone (min)	Zone	Heart rate (bpm)*	HZT points

*You can change heart rate intensity.