

REJUICE WORKOUT



Name: _____ Date: _____ Ambient heart rate: _____

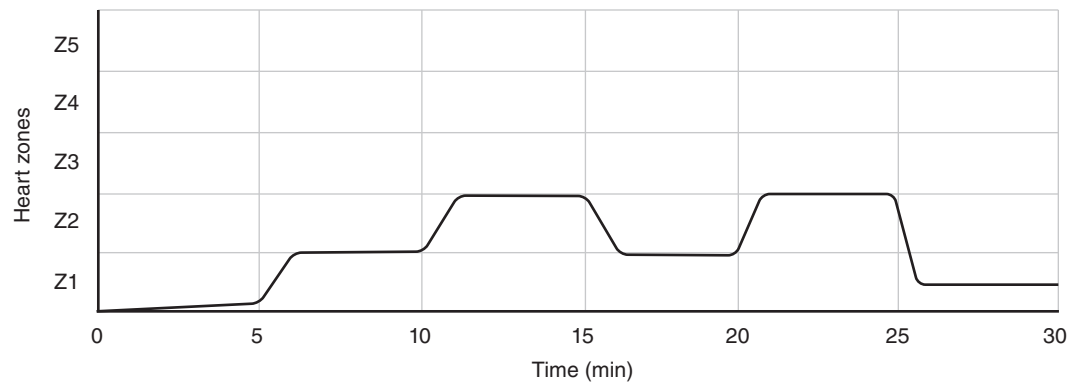
This is an interval workout to recover, or “rejuice” the body and spirit. It involves training in the lower heart zones and maintains cardiovascular base fitness levels. In other words, this workout helps you maintain your current fitness level or recover from strenuous training. This is an excellent activity for athletes to do the day of a competition or the day after.

Instructions

1. Using the following table and figure, begin your workout by warming up for five minutes at the floor of zone 1, the healthy heart zone (50 percent of maximal heart rate, or MHR).
2. For the main set, increase your exercise intensity and heart rate up to the floor of zone 2, the temperate zone (60 percent of MHR). Maintain this heart rate for five minutes.
3. Now increase your heart rate to the ceiling of zone 2 (70 percent of MHR) and maintain it for five minutes.
4. Drop back to the floor of zone 2 and repeat the pattern, crossing back and forth from your zone 2 ceiling (70 percent of MHR) to your zone 2 floor (60 percent of MHR) for a total time of 20 minutes.
5. To finish, cool down for five minutes at the midpoint of zone 1 (55 percent of MHR).

REJUICE WORKOUT

Time (min)	Zone	% MHR	HZT points
0-5	1 (floor)	50	5
5-10	2 (floor)	60	10
10-15	2 (ceiling)	70	10
15-20	2 (floor)	60	10
20-25	2 (ceiling)	70	10
25-30 (cool down)	1 (midpoint)	55	5
Total			50 HZT points



Reflections: