

HOW TO COMPLETE A LOG PAGE

Date: Record day and month.

Sport or activity: List the type of sport or activity for the day.

Distance: Record the distance of each activity.

Time: Record the elapsed time of the activity.

Time in zone: Enter the number of minutes spent in each zone.

Workout benefits: List which of the three workout benefits this activity provides: health, fitness, or performance.

Ambient heart rate: Record your ambient heart rate before you start the activity.

Rating: Grade the difficulty of this workout (A = difficult; B = average; C = easy).

Heart zones training (HZE) points: To calculate points, multiply the heart zone number by the number of minutes spent in that heart zone. For example:

20 minutes in zone 2 = 40 HZE points

15 minutes in zone 3 = 45 HZE points

Total HZE points = 85

Weekly summary: Total for the week.

Year-to-date summary: Total for the year.

Notes: Reflect on the workout and write what you would do differently next time. Include other heart rate measures that you have taken this day, if any (e.g., delta or submaximal).