

MEASURING TIME IN ZONE BASED ON PLAYER'S POSITION

Name: _____ Date: _____

Each position on a sport team and each event in an individual sport have unique physiological fitness requirements. In this activity you determine the time in zone of each position or event.

Once you have determined the time in zone for each position, you can adjust the training protocol to address the particular requirements of each position.

Instructions

1. Program your heart rate monitor with your heart zones. *Note:* If you are using a projection monitor, your teacher will enter your maximal heart rate (MHR) to calculate zones, and if your activity is interrupted, the monitor will note that (no stopwatch is involved). Check to be sure your heart rate is reading before you begin the activity.
2. Warm up for the event.
3. Start the stopwatch function on the monitor to record during playing time.
4. When play is interrupted, push the stop button on the monitor to stop recording data. When play resumes, start the stopwatch again.
5. At the end of the event, stop the monitor and cool down.
6. Write down the data and review it.

Recording Chart: Measuring Time in Zone Based on Player's Position

Sport or activity: _____

Player position: _____

TIME IN ZONES

Heart zones	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
Heart rate range (bpm)					

Event time (min_sec)	Heart rate number	Zone	Elapsed time in zone
Total event time:			

Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
Time:	Time:	Time:	Time:	Time:
Percentage:	Percentage:	Percentage:	Percentage:	Percentage:

Questions

How much time did you spend in each of the zones during the event?

What percentage of total playing time did you spend in each of the heart zones?

What player positions are the most intense, based on heart rate? Make a list of all player positions and rank them.

Do the offensive or defensive positions require the highest heart rate intensity?
Why?

What is the reason for stopping the watch during breaks in play?

What was the training load or total number of heart zone training points for each player?