

24-HOUR ADVENTURE RACE: TEAM RACE CARD

Complete the following chart prior to the start of the race. Identify each team member's name and their target heart rate.

Team member's name	Zone 3 heart rate range (bpm)*

*Example: MHR of 200, zone 3 HR range = 140-160 bpm

Fill in each team member's name in the following chart prior to the race. During the race, record each team member's heart rate prior to completing the challenge at station 1 during each lap. You may elect to have each team member be responsible for recording their own heart rate, or you may elect a team recorder.

At the completion of the race today in class, determine the number of times each team member was successfully in their zone 3 heart rate range as well as the total number of times for the entire team. Record these numbers in the appropriate areas.

Team member's name	Lap 1 heart rate	Lap 2 heart rate	Lap 3 heart rate	Lap 4 heart rate
Total number of times in zone 3 per lap per team member				
Total number for the team in zone 3 for the race (3HR): _____				