

Name: _____ Date: _____ Ambient heart rate: _____

Step 5: Figure Your Weekly Exercise Time in Minutes

Zones use time, not distance, as the measurement. That is, the amount of time you spend in the zone is the measurement for your workout, not miles run or the number of strokes per minute cycled or rowed. Called *time in zone*, this is a measure of the total minutes you spend in each zone. Thus, if you exercise in all five zones, you will have five time-in-zone measurements. For example, one day you decide to run for 30 minutes in the aerobic zone (zone 3); the following day you might choose to walk for 50 minutes in your temperate zone (zone 2). Time-in-zone measurements are used to calculate your HZT points. HZT points are calculated by multiplying the number of minutes spent in a zone by that zone number (e.g., 15 minutes spent exercising in zone 2 = 30 HZT points, or 15×2).

On the following chart, list the activity you will do each day, the number of minutes you plan to do it, and the zone you will be working in; identify the workout benefit for this activity; and calculate the expected number of HZT points this activity will earn. An example of playing soccer for 30 minutes in zone 4 on Monday is filled in on the first line.

HEART ZONE TRAINING WEEKLY PLANNER

Day	Sport or activity	Time (min)	TIME IN ZONE (MIN)					Workout benefit	HZT points
			Z1	Z2	Z3	Z4	Z5		
Monday	Soccer	30				30		Strength	120

At the end of the week, use the following chart to total the number of days you exercised, the number of activities you did, and the number of minutes you spent in each zone that week. In the last column, calculate your HZT points for the week. A sample chart of where activities fall within the zones follows.

MY HEART ZONE TRAINING WORKOUT LOG TOTALS

Date	Number of days	Sports or activities	TIME IN ZONE (MIN)					HZT points
			Z1	Z2	Z3	Z4	Z5	
September 12	5	Soccer, hiking			60	90		540
Total minutes in each zone and HZT points for this training period:								

Calculate your weekly exercise time in minutes.

How many minutes per day? _____ minutes per day (A)

How many days per week? _____ days per week (B)

How many minutes per week? _____ minutes per week ($A \times B$)

SAMPLE FIT INFORMATION FOR FIVE ZONES

Zone name	Workouts per week	Time per workout (min)	Activities
Zone 1: Healthy heart	3	10	Walking, low-impact aerobics, cycling, snowshoeing, weightlifting
Zone 2: Temperate	4 or 5	15	Walking or running, swimming, cycling, aerobics, stair climbing
Zone 3: Aerobic	4 to 6	20	Jogging, swimming, snowshoeing, step aerobics, cycling, skiing, rowing
Zone 4: Threshold	1 or 2	15-30	Running, cross-country skiing, cardio machines, cycling
Zone 5: Red line	1 or 2	1 to 5*	Racing, intervals, sprints

*The red line zone is not one in which to hang out; rather, it is used with other zones within a single workout period.

Reflections: