

SUSTAIN ZONE 3 WORKOUT



Name: _____ Date: _____ Ambient heart rate: _____

The purpose of this steady-state workout is to burn a high number of total calories, as well as a high percentage of fat as the source of calories. You will also learn how to maintain your heart rate and how to pace yourself by your heart rate without looking at a monitor. Having an accurate inner perception of exercise intensity is a valuable skill.

This workout includes three parts: the warm-up, the main set, and the cool-down. To sustain something means to hold it at a steady course, or pace, hence the title of this workout (sustain zone 3 workout). Your mission is to hold your heart rate steady in zone 3 throughout the entire main set.

Note your heart rate range for zone 1 (50 to 60 percent of MHR):

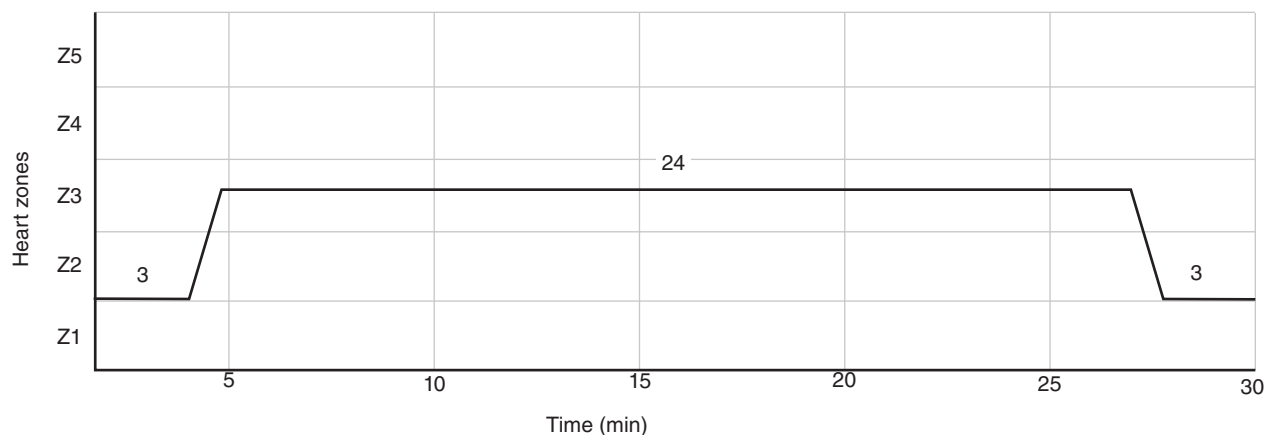
Zone 1: _____ to _____ bpm

Note your heart rate range for zone 3 (70 to 80 percent of MHR):

Zone 3: _____ to _____ bpm

Instructions

This workout takes 30 minutes. The warm-up period constitutes 10 percent of the workout time; thus, you will stay in zone 1 for three minutes. After the warm-up, you will slowly increase your intensity until you reach 75 percent of your MHR, or the midpoint of zone 3. At this point, you should feel challenged, but the workout should not feel too hard or too easy. You will spend 24 minutes in zone 3, and then you will cool down for three minutes in zone 1. A graph of this workout would resemble that shown in the following figure.



Select any aerobic activity during which you can maintain a heart rate in zone 3 for an extended length of time (e.g., skating, biking, walking, swimming, running, cardio exercise). Choose something you enjoy, because enjoyment is the key to continuing your fitness training in the long run.

Workout segment	Time in zone (min)	Zone	HZT points
Warm-up	3	2	6
Main set	24	3	72
Cool-down	3	2	6
Totals	30	Two zones	84

Zone 3 is called the aerobic zone because if you train in this zone, you will see tremendous improvement in your body's ability to use oxygen, you will develop a stronger heart, your lungs will become healthier, and you will increase your muscle mass. What's more, there is little chance of overtraining or injury when training in zone 3.

HZT Points

To figure your HZT points, enter the number of minutes you worked in each zone and multiply that number by the zone number. For example:

Zone 2 × 6 minutes = 12 HZT points

Zone _____ × _____ minutes = _____ HZT points

Zone _____ × _____ minutes = _____ HZT points

Total HZT points for this workout: _____