

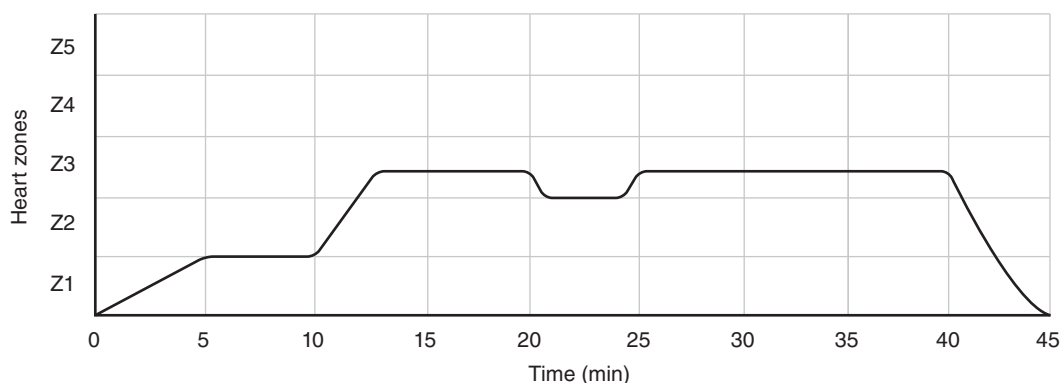


This is a steady-state, zone 3, aerobic workout that makes a great recovery session or conditioning workout.

## Instructions

Warm up for 10 minutes at the floor of zone 2. Then increase your heart rate to the midpoint of zone 3 and maintain the zone for 10 minutes. Recover to the floor of zone 3 for five minutes and then return to the midpoint of zone 3. Maintain for 15 minutes, and then cool down.

Check your recovery heart rate during cool-down. To test recovery heart rate, measure how many beats per minute your heart rate drops every 15 seconds for one minute.



Workout segment	Time in zone (min)	Zone	HZT points
Warm-up	10	2	20
Main set; increase effort	10	3 (midpoint)	30
Main set; decrease effort	5	3 (floor)	15
Main set; increase effort	15	3 (midpoint)	45
Cool-down	5	2	10
<b>Totals</b>	<b>45</b>	<b>Two zones</b>	<b>120</b>