

8.1c

[illegible]

Name of player: _____ Event date: _____

Name of record keeper: _____ Event description: _____

Player's sport-specific average aerobic heart rate: _____ bpm

This number refers to the average heart rate when in heart zones 1 through 3 during the game (i.e., when using the aerobic energy system).

Player's average anaerobic heart rate: _____ bpm

This number refers to the average heart rate when performing above zone 3 (i.e., when using the anaerobic energy system).

[illegible]

Total minutes played:		Average heart rate: bpm	TOTAL MINUTES, OR PERCENTAGE OF TOTAL TIME, IN EACH ZONE				
			Z1	Z2	Z3	Z4	Z5
		Amount of time (min) below aerobic threshold heart rate:					
		Amount of time (min) above aerobic threshold heart rate:					
		Percentage of total time below aerobic threshold heart rate:					
		Percentage of total time above aerobic threshold heart rate:					

*Heart rate range is the highest and lowest heart rate numbers recorded during the time period.