

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Ambient heart rate: \_\_\_\_\_

Average heart rate is an excellent value to use to measure fitness improvement. In this workout, you keep your speed and distance constant and measure your average heart rate. As you become fitter, your average heart rate should decrease for this workout.

### ***Instructions***

1. If available, activate and use the average heart rate feature. If not, choose a partner to record your heart rate at the completion of each of four laps.
2. Warm up adequately, to at least the bottom of your zone 3 (yellow zone).
3. Run or walk each lap around the track at a constant pace so that each lap takes four minutes to complete. Be sure to keep at least 32 inches (81 cm) between your monitor and other students' transmitters to prevent cross talk, if necessary.
4. Continually check your monitor to be sure that your heart rate stays within 10 beats of your zone 3 midpoint.
5. A timer will announce each minute of elapsed time. When you hear this call, you should have traveled 25 percent of the distance around the track.
6. Record your heart rate at the completion of each lap.
7. Complete four laps around the track.
8. Average the four heart rate values to determine your average heart rate for this workout.

### ***Questions***

List several reasons why average heart rate should decrease over time with improved fitness levels.

Why might your average heart rate be different from that of other students?

What can you do to improve your average heart rate?