

Name:

Date:

Zone 3, the aerobic zone, occurs at 70 to 80 percent of your MHR. Learning to control exercise intensity while participating in competitive sports is challenging because it requires being aware of the pace of the game. By controlling the pace of the game, you can learn to play smarter by conserving energy and getting the most out of your actions.

The rules of zone 3 basketball are identical to those of basketball, but you must keep your heart rate within your zone 3 range throughout the game. If your heart rate increases above your zone 3 range, you must step out of the game until you are again within your zone 3 range. If your heart rate drops below your zone 3 range, you must increase your intensity until you are back in your zone 3 range. Teams score points with baskets but have points deducted every time two or more players are out of zone 3 at the same time.

Instructions

1. Put on your monitor and warm up.
2. If you have a zone monitor, program it for your zone 3 range and turn on the audible alarm.
3. Maintain an exercise intensity that keeps you in zone 3 throughout the game. Time-outs are the exception; alarms can be turned off during time-outs.
4. When play resumes, enable zone alarms.
5. Games last for 10 minutes.
6. The team that wins is the one that scores the most points and keeps the most players in the game. Players cannot score when they are out of zone 3, and a point is deducted from teams' scores every time two or more of their players are out of the game at the same time.

Questions

What actions helped you quickly increase your heart rate when it dropped below the zone 3 floor?

What actions helped you quickly decrease your heart rate when it went above the zone 3 ceiling?

Did your team perform better when heart rate was within the zone or when the pace, speed, or intensity of the game changed?