

Name: _____ Date: _____ Ambient heart rate: _____

The training effect is an improvement in your fitness level as the result of positive training. One way to measure fitness improvement (i.e., the training effect) is to take a test and then repeat the test several weeks later. If your test scores are better on the second test, your fitness has improved. This means that your training program is working for you. You are seeing the training effect. Repeating such tests regularly will show your improvement progression.

Instructions

1. Determine a fixed distance (such as 1 to 2 miles, or 1.6 to 3.2 kilometers) for the test. Your distance could also be a certain number of laps around the school track, as determined by your teacher.
2. Calculate 70 percent of your maximal heart rate (MHR), or the floor of zone 3.
3. Do your own warm-up activities for at least 10 percent of the exercise time. Then run or walk the predetermined distance, maintaining a constant heart rate of 70 percent of your MHR (i.e., the floor of zone 3).
4. Use the following training effect log to measure and record the amount of elapsed time in minutes. A sample week 1 is filled out as an example.

TRAINING EFFECTS LOG

Week	Total elapsed time (min)	Changes in elapsed time (min)	Percentage of improvement	The reason my fitness has changed
<i>Example</i>	<i>12 min</i>	<i>-1 min</i>	<i>8.3</i>	<i>I am getting faster because my cardiovascular strength has improved.</i>
1				
2				
3				
4				