

I-MILE (1.6 KM) RUN/WALK ELAPSED TIME WORKOUT

Name: _____ Date: _____ Ambient heart rate: _____

This workout can help you measure changes in your fitness level using a heart rate monitor. The power of the heart rate monitor is that it individualizes your training. Rather than having to compete against others, you compete against yourself, trying only to improve your own fitness level.

Instructions

1. This workout is an individual training session that measures how much time it takes you, at your current fitness level, to travel 1 mile (1.6 km) at a fixed heart rate.
2. Put on a heart rate monitor. If the zone feature is available, set the training zone for five beats above and below the midpoint of your zone 3, and set the alarm if the monitor has one.
3. Warm up adequately, to at least the bottom of zone 3 or 70 percent of MHR.
4. Start running or walking. Within the first two minutes, increase your pace until you reach a heart rate around the midpoint of your zone 3, or 75 percent of MHR.
5. Continuously check your monitor to stay within 10 heartbeats of the midpoint of zone 3.
6. Increase or decrease your heart rate gradually.
7. Record your finish time (elapsed time) for 1 mile (1.6 km).

Questions

Why do students run and walk at different paces?

What three factors affected your heart rate during this workout?

What three factors affected your heart rate after this workout?