

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions**

1. Put on a heart rate monitor and get a heart rate reading. Set the record feature.
2. Warm up with an easy jog or by walking several flights of stairs.
3. Begin the workout by running up the stairs, placing your entire foot on the treads, at 70 to 80 percent of your MHR (zone 3).
4. At the top of the stairs, complete a one-minute recovery heart rate test and record it below.
5. Record the heart rate number for climb 1 on the record sheet.
6. Recover until your heart rate is below 130 bpm before walking back down the stairs.
7. Complete five or six stair climbs.
8. Do an easy walk to cool down.
9. Answer the questions below, and enter the data from your monitor in the table.

**Questions**

What happened to your heart rate as the workout progressed?

What was the number of heartbeats recovered in 60 seconds after the first climb?

What was the number of heartbeats recovered in 60 seconds after the fifth climb?

Why do you think your numbers were different for the first and fifth climbs?

**Comment**

The ability to recover your heart rate quickly helps you move fast, play hard, and recover easily. Training by running stairs will improve your overall fitness and performance.

## ***Recovery Heart Rate Test***

1. Warm up adequately for at least five minutes. Choose any activity that you can do slowly.
2. Increase your speed until your heart rate is at the midpoint of zone 3 (75 percent of your MHR), and maintain that intensity for up to 10 minutes.
3. Decrease your intensity and stop exercising. Immediately look at your monitor and note your heart rate number. Record your heart rate number again at the end of one minute.
4. Calculate how quickly your heart rate drops by subtracting your one-minute heart rate number from your peak exercise heart rate number.
5. Record your results.

## ***Recovery Heart Rate Self-Assessment Scale***

<10 Extreme caution

11 to 20 Low

21 to 40 Good

41 to 50 Excellent

>50 Fit athlete

One-minute recovery heart rate: \_\_\_\_\_

## ***During-Event Analysis: Stair Repeat Recoveries***

Name of player: \_\_\_\_\_ Event date: \_\_\_\_\_

Name of record keeper: \_\_\_\_\_ Event description: Stair repeat recoveries

Player's sport-specific aerobic threshold: \_\_\_\_\_ bpm

Player's sport-specific anaerobic threshold: \_\_\_\_\_ bpm

Player's MHR: \_\_\_\_\_ bpm

<b>Stair climb</b>	<b>Heart rate range (bpm)*</b>	<b>Average heart rate (bpm)</b>	<b>Number of recovery beats</b>
1			
2			
3			
4			
5			
6			
<b>Total run minutes:</b>		<b>Average heart rate (bpm):</b>	

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

Reflection: