

10-MINUTE DISTANCE TRAVELED WORKOUT

Name: _____ Date: _____ Ambient heart rate: _____

This workout shows you your fitness level improvement. Measurable fitness improvement generally requires several weeks of training. As you become fitter, the distance you can travel at a fixed heart rate improves. This is an indication that your training program is working. During this workout, you maintain a steady heart rate and see how far you can run or walk at that fixed intensity in 10 minutes.

Instructions

1. Put on a heart rate monitor. If the zone feature is available, set the training zone at five beats above and below the midpoint of your zone 3. If you are using a projection system for heart monitoring, your screen should be yellow to indicate that you are working in zone 3.
2. Warm up adequately, to at least the bottom of zone 3.
3. Start the workout and the stopwatch simultaneously.
4. Increase your pace until you reach your workout heart rate, five beats above or below the zone 3 midpoint, within the first two minutes.
5. Continuously check your heart rate to ensure that you stay in the middle of zone 3.
6. Increase or decrease your heart rate gradually.
7. Record the distance traveled after 10 minutes.

Questions

If your training distance improved with time, why do you think that is?

If your distance-traveled measurement did not improve, what might the reason be?

What could you add to your training to improve your fitness level?