

Name: _____ Date: _____

Instructions

1. Put on your heart rate monitor. Set your zone 3 and record.
2. Warm up for 10 to 15 minutes in an activity of your choice.
3. Increase your heart rate to 75 or 80 percent of your MHR (zone 3), depending on your fitness level.
4. Sustain your heart rate within five beats of the heart rate number for 30 minutes.
5. Cool down at the end of 30 minutes.
6. Answer the questions below, and complete the During-Event Analysis table using the data from your monitor.

Questions

Was it difficult to sustain the predetermined heart rate for 45 minutes?

What piece of equipment did you use?

Would the steady-state effort have a different degree of difficulty in a different activity?

Comment

Players who have difficulty holding a steady-state heart rate number need more time training in heart zone 3. Those who can hold a higher steady-state heart rate number (over 75 percent) may have MHRs higher than previously estimated or are very fit.

During-Event Analysis: Steady-State Workout

Event description: 45-minute steady-state workout

Player's sport-specific aerobic threshold: _____ bpm

Player's sport-specific anaerobic threshold: _____ bpm

Player's MHR: _____ bpm

DURING-EVENT ANALYSIS: STEADY-STATE WORKOUT

Actual time	Heart rate range (bpm)*	Average heart rate (bpm)	NUMBER OF MINUTES IN EACH ZONE				
			Z1	Z2	Z3	Z4	Z5
Total run minutes:		Average heart rate: bpm	Z1	Z2	Z3	Z4	Z5

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