

TEST AND MEASUREMENT WORKSHEET

Name: _____ Date: _____

Station 1: Ambient Heart Rate

1 min	2 min	3 min	4 min	5 min

Average ambient heart rate = _____ bpm

Station 2: Standing Delta Heart Rate

S – P = Δ
Standing heart rate – Prone heart rate = Delta heart rate
_____ _____ _____

Station 3: Recovery Heart Rate

A. Average/peak heart rate = _____ bpm

B.

15 sec	30 sec	1 min	1 min 30 sec	2 min

The difference between A – B is your recovery heart rate.

Station 4: Anaerobic Threshold Challenge

First measure Highest sustainable heart rate = _____ bpm
Second measure Highest sustainable heart rate = _____ bpm
Anaerobic threshold average = _____ bpm

Station 5: Heart Zones Circuit 800

Midpoint of zone 3, or 75 percent of MHR: _____

Elapsed time for 800 meters: _____ min