

Name: _____ Date: _____ Ambient heart rate: _____

A steady-state heart rate workout is any exercise session in which heart rate is held constant, or steady. An interval workout is a session of hard exercise, known as stress, followed by easy exercise, known as recovery, followed by hard exercise, and so on. This workout combines these two types of exercise.

Instructions

1. Program your monitor with as many features of the workout as you can:
 - Time interval: five minutes
 - Heart zones: 2-4
 - Record mode: yes
2. Choose a cardio equipment exercise or other activity (e.g., cycling, running) to perform during the workout.
3. Calculate the floor of your heart zones 2, 3, and 4 (60, 70, and 80 percent of activity-specific MHR).
4. Put on your heart rate monitor and get a heart rate.
5. Warm up for 5 to 10 minutes, keeping your heart rate below zone 2.
6. Start the stopwatch when you begin the activity, after the warm-up.
7. Slowly increase exercise intensity until you reach the floor of zone 2 (60 percent of MHR). Then maintain whatever pace is required to maintain this heart rate for five minutes.
8. After five minutes, proceed to the next interval. Within one minute, increase your heart rate to the floor of zone 3 (70 percent of MHR) and then maintain this heart rate for the remaining four minutes of the interval.
9. After five minutes, proceed to the next interval, increasing your heart rate (within one minute) to the floor of zone 4 (80 percent of MHR) and then maintaining this heart rate for the remaining interval time (four minutes).
10. After five minutes, decrease your heart rate to the floor of zone 3 (70 percent of MHR) within the first minute. Then maintain this heart rate for the remaining interval time (four minutes).
11. After five minutes, decrease your heart rate to the floor of zone 2 (60 percent of MHR) within the first minute and then hold this heart rate for the remaining interval time (four minutes).

12. Cool down after five minutes in zone 2, lowering your heart rate and maintaining it below the floor of zone 2 for 5 to 10 minutes or until full recovery.
13. Download your heart rate data into a computer software program. Analyze your data and calculate your HZT points for this workout.

Questions

What did you learn trying to hold a steady-state heart rate and then adjusting that value up or down by changing the load?

What did you notice about the degree of difficulty between the intervals (i.e., the floors of the zones)?

What was your average heart rate (if your monitor has that feature)?

What environmental or emotional factors likely changed your heart rate during this workout?