

Name: _____ Date: _____ Ambient heart rate: _____

Step 6: Choose a Workout Plan That Fits With Your Fitness Goal and Current Training Tree Branch

To complete this worksheet, you need to know your heart zone numbers and how much class-time you will have for exercise. This differs from step 5 in that you will be planning a workout that fits with your personal goal. In other words, when designing your workout plan, consider whether you want to develop power, endurance, or another branch of the training tree.

The following table shows general guidelines for a 30-minute workout in each of the five training branches. Remember, the focus here is on time in zone, not distance or speed. Workout examples are shown in terms of minutes spent in each zone.

Write a description of your workout. Include the activity (or activities) you will do, the total time, and the time estimated in each zone.

SAMPLE 30-MINUTE WORKOUT IN THE HEART ZONES

	Z1	Z2	Z3	Z4	Z5	Total time (min)	Estimated HZT points
High performance	—	—	15	5-10	5-10	30	90-135
Power training	—	2-5	15	5-10	2-5	30	79-120
Speed	—	2-5	15	5-10	2-5	30	79-120
Strength	—	2-5	15-20	5-10	1-2	30	74-120
Endurance	—	5-10	20-25	2-5	—	30	78-115
Health	—	10	20	—	—	30	80
Recovery	5	10	15	—	—	30	70

Describe your workout:

In the following table enter your workout design.

MY WORKOUT DESIGN

Branch	Z1	Z2	Z3	Z4	Z5	Total time (min)	HZT points
High performance							
Power training							
Speed							
Strength							
Endurance							
Health							
Recovery							

Notes/comments: