

FIVE-BY-FIVE WORKOUT



This workout trains specific metabolic systems to adapt to a constantly increasing workload. As you increase load, your heart rate and burn rate (i.e., calories) simultaneously increase. (Although this workout can be performed using any activity, we use running as an example.)

The steps of this workout are five heartbeats every five minutes. These steps form a ladder. To determine the top rung on the ladder (i.e., the ceiling of your workout zone), subtract 20 beats from your MHR. Subtract 50 beats from your MHR to determine your heart rate starting point, the first rung of the ladder. The range between these two numbers is your training zone for this workout. For example, a person with an MHR of 200 bpm would have the following training zone limits:

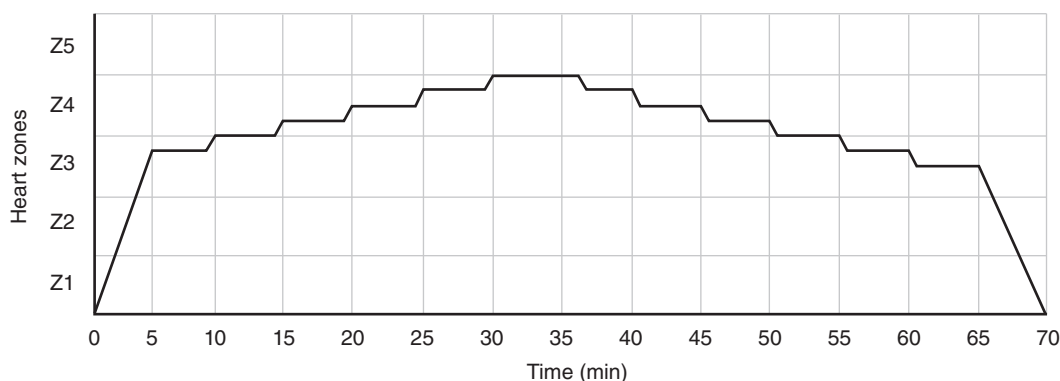
$$200 \text{ bpm (MHR)} - 20 = 180 \text{ bpm (ceiling; top rung)}$$

$$200 \text{ bpm (MHR)} - 50 = 150 \text{ bpm (floor; bottom, or starting, rung)}$$

$$\text{Training zone} = 150 \text{ to } 180 \text{ bpm}$$

Instructions

Warm up by gradually increasing from a walk to a slow jog until your heart rate reaches the starting point (i.e., the bottom rung on the ladder). This is where the main set starts. Increase your heart rate five beats every five minutes as you climb each of the rungs. Total workout time is 60 minutes in zones 3 and 4.



EXAMPLE OF FIVE-BY-FIVE WORKOUT

Time (min)	Heart rate range (bpm)
0-5	Warm up to midpoint of zone 3.
5-10	150-155
10-15	155-160
15-20	160-165
20-25	165-170
25-30	170-175
30-35	175-180
35-40	180-175
40-45	175-170
45-50	170-165
50-55	165-160
55-60	160-155
60-65	155-150
65-70	Cool down

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Workout segment	Time in zone (min)	Zone	HZT points
Warm-up	5	Start in zone 1 and gradually increase effort to the bottom rung of your ladder range.	10
Main set; increase effort	30	Increase intensity five heartbeats every five minutes totaling three repetitions (this range will cross zones 2 through 5).	110
Main set; decrease effort	30	Decrease intensity five heartbeats every five minutes totaling three repetitions (this range will cross zones 4 through 2).	110
Cool-down	5	1	5
Totals	70	Five zones	235

Extension

Once you are in better shape, try going up the ladder twice, or do two sets in a single workout with a recovery to the floor of your training zone between sets. Another variation is to change the starting point (bpm) of the first step or make more rapid increases by shortening the steps to three minutes each.

From D. Swaim, 2013, *Heart education* (Champaign, IL: Human Kinetics).