

Name: _____

Step 7: Fill Out a Heart Zones Workout Planner

The workouts provided by your teacher will get you started. They are coded with an icon, according to the zone in which most of the exercise is done. Each workout explains the benefits gained from it and shows a graph of the exercise by time in zone. Your teacher will probably have the class do several workouts until everyone understands the format. Once you know how a workout is designed, you may want to create some of your own.

HEART ZONES WORKOUT PLANNER

Date	HZ Workout	Time (min)	TIME IN ZONE (MIN)					Workout benefits	HZT points
			Z1	Z2	Z3	Z4	Z5		
4/1	Plateau Workout	30		10	20			Endurance and strength	80