

TOUR DE LOW ZONES WORKOUT (STEADY STATE)



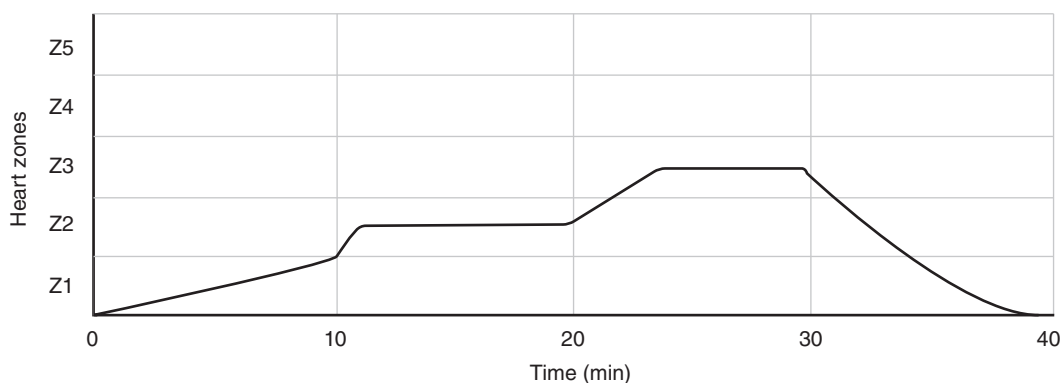
This workout is a tour of heart zones 1, 2, and 3. Together, these zones form the three health zones on the wellness continuum.

By training in different heart zones, you get a variety of health benefits. When you work out in zone 1, you build a healthier heart. When you work out in zone 2, your fat transportation and metabolism functions improve. When you work out in zone 3, your body's ability to transport oxygen and blood increases. The purpose of this workout is to attain these multiple benefits by fitness training in these zones.

Instructions

This workout is for 30 minutes, plus a cool-down period of 5 to 10 minutes. The plan consists of warming up at the floor of zone 1 for 10 minutes and then increasing your effort and spending the next 10 minutes in zone 2. The final 10 minutes, before the cool-down period, are spent within zone 3 (70 to 80 percent of MHR). For the cool-down, reduce your heart rate to zone 1 and stay there for the equivalent of 10 percent of the workout time.

If we were to graph this workout, it would look like a long, gradual flight of stairs, as shown in the following figure.



Workout segment	Time in zone (min)	Zone	HZT points
Warm-up	10	Start at the floor of zone 1; then slowly increase effort to zone ceiling.	10
Main set; increase effort	10	Increase heart rate to zone 2 and maintain for 10 minutes.	20
Main set; increase effort	10	Increase heart rate to zone 3 and maintain for 10 minutes.	30
Cool-down	5	2	10
Totals	35	Three zones	70

This workout can be adjusted to suit your needs and condition. If you feel strong on a particular day, for example, use the top half (i.e., above the midpoint) of each zone for your target heart rate. If you need an easier workout, stay in the bottom half of the heart zone. You can choose any cardiovascular activity for your workout (e.g., walking, snowshoeing, cross-country skiing, running, treadmill, cycling, in-line skating).

If you are fit, increase the load by doing this workout in zones 2, 3, and 4. When you increase load, you increase your burn rate, or the number of calories per minute that you use. This results in more total calories used as well.

Total your HZT points and record them in your log. Write down your thoughts and impressions of this workout in your journal for future reference.