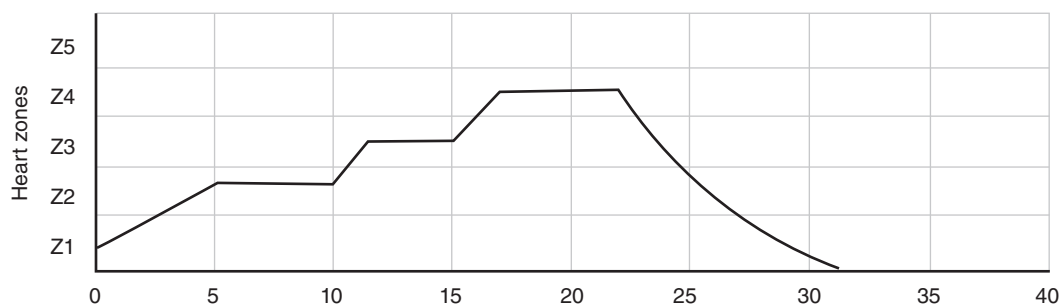


# SWEET CHALLENGE



In this workout, you increase your effort on a whistle signal from your teacher. Each time the whistle blows, increase intensity until your heart rate reaches the next stage. For the first stage after a five-minute warm-up at the ceiling of zone 1, you have two minutes to climb to the midpoint of zone 2 and then maintain that effort for five minutes. At the next signal the challenge is two minutes to reach the midpoint of zone 3 after which you maintain that effort for five minutes. On the last signal you climb for two minutes to the midpoint of zone 4 and maintain that effort for five minutes; then recover.



| Workout segment                 | Time in zone (min) | Zone              | HZT points |
|---------------------------------|--------------------|-------------------|------------|
| Warm-up                         | 5                  | 1                 | 5          |
| Increase to midpoint of zone 2. | 2                  | 2                 | 4          |
| Maintain midpoint of zone 2.    | 5                  | 2                 | 10         |
| Increase to midpoint of zone 3. | 2                  | 3                 | 6          |
| Maintain midpoint of zone 3.    | 5                  | 3                 | 15         |
| Increase to midpoint of zone 4. | 2                  | 4                 | 8          |
| Maintain midpoint of zone 4.    | 5                  | 4                 | 20         |
| Recover/cool down to zone 2.    | 5                  | 2                 | 10         |
| <b>Totals</b>                   | <b>31</b>          | <b>Four zones</b> | <b>78</b>  |