

Name: _____ Date: _____

To prepare for the Snowshoe Challenge, fill in the following information. This information will help you complete the four challenges in this activity.

Your maximal heart rate (MHR): _____ bpm

65 percent of your MHR: _____ bpm (midpoint of zone 2)

Your zone 4, or threshold zone:

80 percent of MHR: _____ bpm to 90 percent of MHR: _____ bpm

Your zone 3, or aerobic zone:

70 percent of MHR: _____ bpm to 80 percent of MHR: _____ bpm

Set your monitor alarm to zone 3 and (if appropriate for your monitor model) push the record button when you begin the challenge.

Endurance Challenge

Walk around the track working at an intensity that keeps your heart rate in your zone 3, or aerobic zone (70 to 75 percent of MHR).

Challenge time frame: 10 minutes. Walk on the right-hand side of the cones in the three outside lanes of the track (lanes 4, 5, and 6).

Record the number of minutes you were able to keep your heart rate in zone 3:
_____ minutes

Reflect on your experience. How challenging did you find this task? (Circle one.)

Very challenging Challenging Easy Not at all challenging

Explain your response.

Aerobic Challenge

Fast-walk or jog-walk around the track working at a level that keeps your heart rate within your zone 3, or aerobic zone (70 to 75 percent of MHR). Move on the left-hand side of the cones, in the inside lanes of the track (1, 2, and 3).

Challenge time frame: 10 minutes

Record the number of minutes you were able to stay in zone 3: _____ minutes

Reflect about participating in this task. How challenging did you find it? (Circle one.)

Very challenging

Challenging

Easy

Not at all challenging

Explain your response.

Interval Challenge

Run in your zone 4, or threshold zone (80 to 85 percent of your MHR) for one minute and then walk for one minute in your zone 3, or aerobic zone (70 to 75 percent of MHR), repeating the sequence as many times as you can within a 10-minute period. Run on the infield of the track, moving counterclockwise around the outside of the cones.

Maximum time: 10 minutes

Record the number of intervals you were able to complete: _____

Reflect on participating in this task. How challenging did you find it? (Circle one.)

Very challenging

Challenging

Easy

Not at all challenging

Explain your response.

Hill Climb Challenge (optional)

Climb the hill as fast as you can and, at the top, record how long it took you to climb the hill as well as your heart rate upon arriving at the top of the hill. Climb as many times as you can within 10 minutes. Ascend the hill on the right (from the bottom looking up) and descend the hill on the right (from the top looking down) moving around the cones at the bottom and top of the hill in a circular pattern.

Time frame for task: 10 minutes

Record the following information:

Completed climbs	Time to climb	Heart rate at the top of the hill
1		
2		
3		
4		

Reflect on your participation in this task. How challenging did you find it? (Circle one.)

Very challenging

Challenging

Easy

Not at all challenging

Explain your response.