

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Ambient heart rate: \_\_\_\_\_

### Step 4: Determine Your Current Branch on the Training Tree

Each branch of the training tree represents a particular training focus or purpose. On the strength branch, for example, the focus is on building strength, including sport-specific strength components of certain activities. After a certain period of time—say, four to eight weeks—it is time to move up to another branch and change your training routine. By changing your training routine (e.g., shifting from aerobic workouts to anaerobic workouts or from lower heart zones to higher heart zones), you get fitter.

	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5		
High performance	Aerobic side			Anaerobic side		Training weeks	Workouts
Power training		10%	60%	20%	10%	2+	2 speed 2 strength 2 endurance
Speed		20%	60%	10%	10%	2 – 4	1 speed 1 strength 2 endurance
Strength	10%	10%	70%	10%		2 – 6	2 strength 2 endurance
Endurance	10%	40%	50%			2 – 8	4 – 6 endurance
Recovery	30%	70%				2 – 6	3 – 6 recovery
Base							

Select the training tree branch that fits your current fitness goals. Using that as your starting point, you can determine the best frequency and schedule for your fitness plan (see worksheet 6.5).

My current fitness branch is \_\_\_\_\_.

I am working toward the \_\_\_\_\_ branch with HZE.

How does choosing this branch fit with your personal goals?