

Name: _____

Step 8: Do a Workout

In this step, you actually perform a full workout—either one assigned by your teacher or one you chose from the HZE options as part of your week’s plan in step 7. (You will log this workout in the next step.) As you progress with the HZE program, you can further customize your plan based on factors such as fitness improvement, weather, and equipment availability.

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