

STEPPIN' OUT WORKOUT

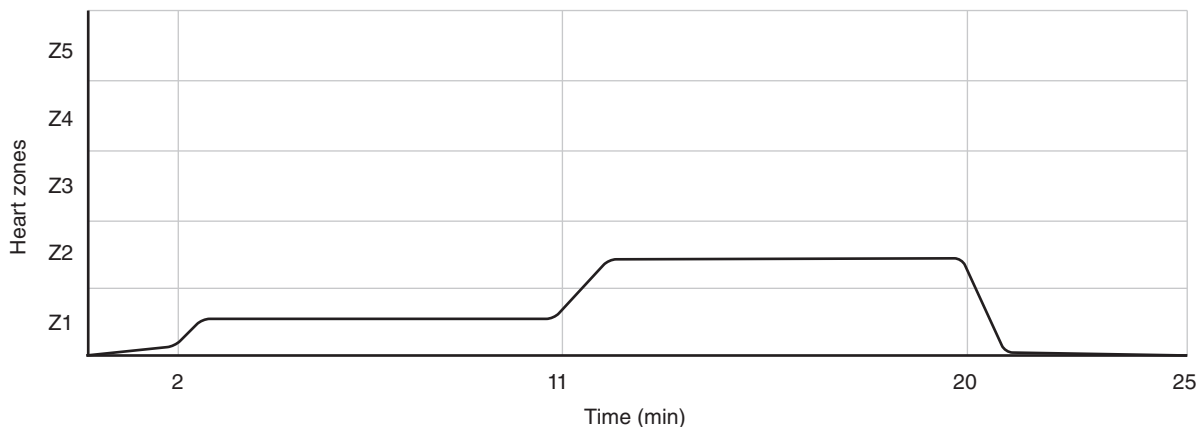


Name: _____ Date: _____ Ambient heart rate: _____

This is a walking workout to help you get started on your HZE program. If you have not been active recently, this workout will help you condition yourself slowly. If you already have a high level of fitness, this workout will introduce you to zones training in a nonstressful way. The steppin' out workout is also a great workout for recovery days when your body needs time to recuperate.

Instructions

The basic workout takes 25 minutes and includes two 10-minute exercise periods—one at the midpoint of zone 1 (55 percent of MHR) and the other at the midpoint of zone 2 (65 percent of MHR). These 20 minutes account for 80 percent of the workout time; the warm-up and cool-down take up the remaining minutes. If you were going to graph the workout plan, it would look like the following figure. The workout outline is shown in the following table.



Workout segment	Time in zone (min)	Zone	HZT points
Warm-up	2	1 (floor)	2
Main set; increase pace	10	1 (midpoint)	10
Main set; increase pace	10	2 (midpoint)	20
Cool-down	3	1 (floor)	3
Totals	25	Two zones	35

On the following blanks, enter your heart rate ranges for all zones, including the floor, ceiling, and midpoint of each zone. As you go forward with your training, knowing the midpoint of your zones will serve you well. Remembering these five numbers lets you determine with one glance at your monitor if you are in the correct heart zone range to meet your goal.

Zone	Zone ceiling (bpm)	Zone floor (bpm)	Zone midpoint (bpm)
5: Red line			
4: Threshold			
3: Aerobic			
2: Temperate			
1: Healthy heart			

Now that you know your zone midpoints, begin the workout. At the completion of the workout, fill out your Heart Zones Education Log and record your HZT points for the workout.