

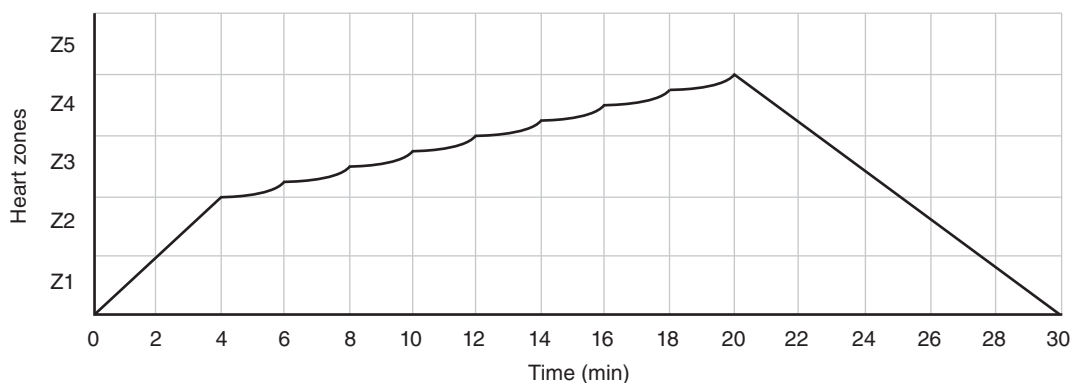
ESCALATOR WORKOUT



This challenging workout is a variation of the five-by-five workout. The goal is to “escalate” your energy output by changing any of the three components of exercise intensity: speed, resistance, or body position. The climb is rapid. Every two minutes, increase your heart rate by five bpm. Maintain that heart rate for two minutes and then increase your heart rate by five bpm. Continue this pattern until you reach the ceiling of zone 4.

The following table shows what the workout looks like for a person with an MHR of 200.

The total workout time is spent in zones 3 and 4. If we were to graph this workout, it would look just like a staircase, or escalator, as shown in the following figure. The number of steps in each zone will vary because zone size ranges from 15 to 20 bpm. To figure your HZT points, calculate the size of your zone divided by 5 to figure the number of steps and multiply the number of steps by 2 to get your minutes in a zone. For example, if your zone size is 20 beats, divide 20 by 5, which equals 4 steps. Multiply 4 by 2 to find that it will take you 8 minutes to “escalate” through the zone. Multiply the zone number (3 or 4) by 8 to determine the HZT points for that segment.



SAMPLE OF ESCALATOR WORKOUT BASED ON A PERSON WITH A MAXIMAL HEART RATE OF 200 BPM

Time (min)	Based on a MHR of 200 (bpm)
0-5	130 bpm (warm-up)
5-7	140 bpm
7-9	145 bpm
9-11	150 bpm
11-13	155 bpm
13-15	160 bpm
15-17	165 bpm
17-19	170 bpm
19-24	120 bpm (cool-down)