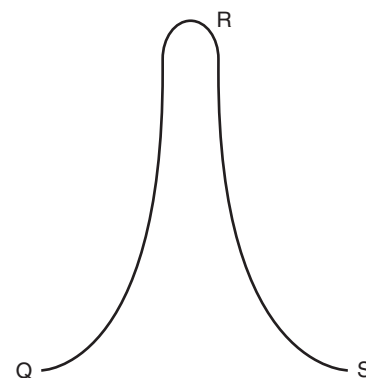




This 30-minute interval workout pushes your anaerobic threshold to help you reach a higher level of fitness. It involves a rapid heart rate increase of 20 bpm and a recovery of 25 bpm. The burst of speed followed by ample recovery during this workout will increase your fitness level.

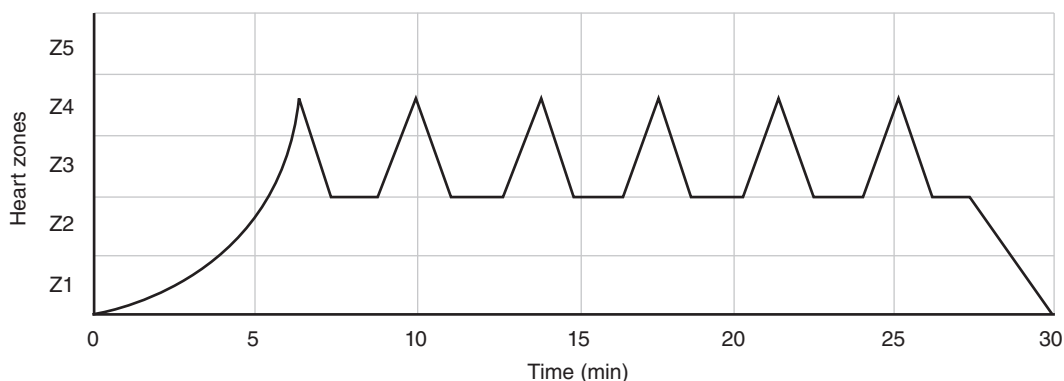
When you raise your heart rate quickly, the profile of each stress and recovery phase resembles the shape of an EKG wave profile like that shown in the figure.



EKG wave profile.

Instructions

Calculate your zone 3 floor (70 percent of MHR). This is the heart rate number you will return to after each peak heart rate. This workout includes a series of quick 20 bpm increases, followed by a 25 bpm drop and one minute of steady-state heart rate recovery. When you reach the heart rate peak of each spike, immediately back off on the intensity and see how quickly you can recover by dropping your heart rate 25 bpm. These interval cycles—a burst of speed followed by a quick recovery—resemble the wave of an EKG profile called the QRS wave. You should be able to complete between 5 and 10 cycles in a 30-minute workout.



Workout segment	Time in zone (min)	Zone	HZT points
Warm-up	5	Build quickly to zone 3.	15
Main set; increase heart rate 20 bpm	1-2	4	8
Main set; decrease heart rate 25 bpm	2	3	6
Main set; increase heart rate 20 bpm	1-2	4	8
Main set; decrease heart rate 25 bpm	2	3	6
Repeat the main set cycle as many times as possible in 30 minutes. The length and number of repetitions will be determined by your heart rate recovery rate. This is a touch-and-go workout: when you touch the peak heart rate in zone 4, immediately recover until you touch the floor of zone 3.			
Cool-down	5	2	10
Totals	30	Three zones	53 <i>Note:</i> You will need to edit the number of points to match the number of repetitions achieved.

This workout can be performed using any number of activities. To get the most out of it, we recommend the following for various sport enthusiasts:

- Walkers should stair climb to quickly increase heart rate on the ups and allow quick recovery on the downs.
- Cyclists should stand up on their bikes to increase workload quickly.
- Swimmers should increase cadence for increased workload.