

RECOVER YOUR RECOVERY WORKOUT



This is an interval workout that trains the heart to recover using interval training techniques. Thus, you can do this workout with any sport activity. Interval training in zones 3 and 4 (and zone 5 if you are very fit) just once a week will help you get fitter. That's because intervals allow you to work hard, then recover, and then repeat this stress–rest cycle. It would be difficult to sustain these higher heart rates if you were doing a continuous workout at that high an intensity for a long time.

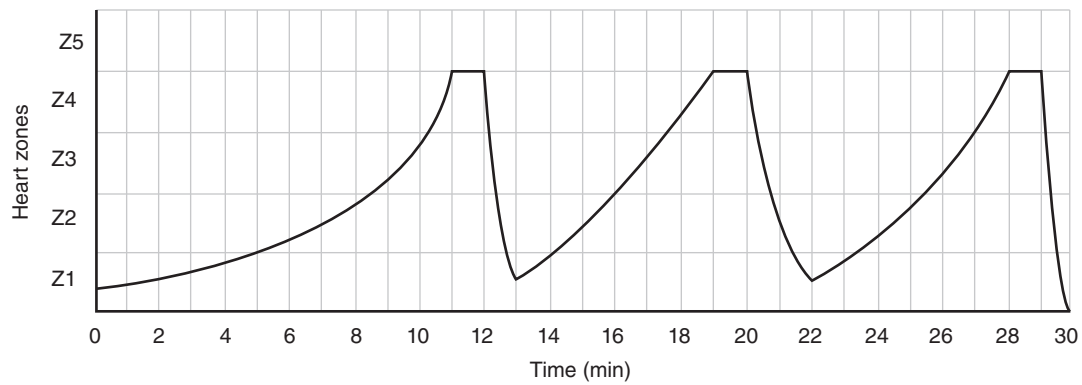
Prior to the workout, pick a peak heart rate that is comfortable. This heart rate should be the highest you reach during the workout. For most fit people, 80 to 90 percent of MHR (zone 4) is a good heart rate to start with. If you are a beginner, or less fit, try an effort in the 70 to 80 percent of MHR range (zone 3).

For this 30-minute workout, you increase exercise intensity until you reach your predetermined peak heart rate. Then you reduce intensity to a recovery heart rate of 40 bpm below your peak heart rate. After this recovery, you repeat the process several more times before cooling down. How many repeats you can complete will largely depend on how long it takes your heart rate to recover from the peak cycle heart rate.

Instructions

After warming up for at least five minutes, progressively increase your exercise intensity until you reach your peak heart rate. Maintain this intensity for 60 seconds; then take a complete rest (i.e., reduce your intensity to a minimum). Measure how long it takes your heart rate to drop 40 beats per minute (bpm) from your peak to your recovery floor (peak heart rate minus 40 bpm). Continue this pattern—increasing intensity to peak heart rate and holding it at peak for 60 seconds before decreasing intensity 40 bpm. See how many repetitions you can do in 30 minutes. Then cool down for at least five minutes in zone 2.

Be sure to log your workout data in your Heart Zones Education Log. The information should include your recovery time between repetitions, the number of repetitions, your total workout time, and your feelings about or perceptions of the workout.



Workout segment	Time in zone (min)	Zone	HZT points
Warm-up	10	Start in zone 1 and gradually increase effort to zone 3.	20
Main set; increase effort	6	In zone 3, increase intensity to peak heart rate; stay there for one minute (zone 4).	19
Main set; decrease effort	2	Decrease heart rate to zone 1.	2
Main set; increase effort	6	Increase intensity to peak heart rate; stay there for one minute (zone 4).	19
Main set; decrease effort	2	Decrease heart rate to zone 1.	2
Main set; increase effort	6	Increase intensity to peak heart rate; stay there for one minute (zone 4).	19
Cool-down	5	2	10
Totals	37	Four zones	91