

Performance Heart Rate Zone Training Program

Calculate your Maximum Heart Rate:

Males: 210 minus 1/2 your age minus 5% of your body weight + 4

Females: 210 minus - 1/2 your age minus 1% of your body weight + 0

YOUR Max heart rate:

Your Heart Rate Zones:

Zone 1 (50-60%):

Zone 2 (60-70%):

Zone 3 (70-80%):

Zone 4 (80-90%):

Zone 5 (90-100%):

How they work:

With each workout, you'll have a cycle of Zones and you'll cycle through the Zones until you've worked out the amount of time you want. For example, Workout 1 is two minutes in Zone 1 and one minute in Zone 2. So it's a three minute cycle, and you'll cycle through it for the amount of time you want. So in a 30 minute workout, you'll do the cycle 10 times.

You want to make the changes in effort right on the minute. For example, with workout 1, you do Zone 1 for two minutes, then work harder to try to get to Zone 2. Even though you may take a little time to get to Zone 2, you go back to Zone 1 right at the end of the minute.

Try to do each workout 2 to 3 times a week then change to the next workout the next week.

THE WORKOUTS:

Week 1: 2 minutes Zone 1, 1 minute Zone 3 (3 minute cycle)

Week 2: 2 minutes Zone 1, 1 minute Zone 4 (3 minute cycle)

Week 3: 1 minute Zone 1, 2 minutes Zone 2, 1 minute Zone 4 (4 minute cycle)

Week 4: Entire time in Zone 2

Week 5: 1 minute Zone 1, 2 minutes Zone 3, 1 minute Zone 4 (4 minute cycle)

Week 6: 1 minute Zone 1, 1 minute Zone 2, 2 minutes Zone 4 (4 minute cycle)

Week 7: 1 minute Zone 1, 1 minute Zone 3, 2 minutes Zone 4 (4 minute cycle)

Week 8: Entire time in Zone 3