

Heart Health Workout Sheet

Name _____ Date _____

 Calculate your max heart rate and enter below (220-age) _____

 Which 3 common places can you find your pulse

1. _____

2. _____

3. _____

 Calculate resting heart rate (15s pulse x 4) _____

E1 = Aerobic Base – build base fitness. Huff and puff

E2 = Ease into interval style training

E3 = Anaerobic threshold. Improve lactate tolerance. Associated with (HIIT) High Intensity Interval Training


E4 = Max Efforts – Red line (sprint up to 10s)

Calculate your E1 (65-74% of max heart rate) _____

Calculate your E2 (75-85% of max heart rate) _____

Calculate your E3 (85-91% of max heart rate) _____

Calculate your E4 (92-100% of max heart rate) _____

 We are completing a WoD (Workout of the Day – 5min Cap) and then rechecking our heart rate again within 30s

WoD time _____ 5 mins _____ Post WoD heart rate _____