Interval Training 101

Writing your own program

Age_________  Exercise Mode of Choice (treadmill, bike, etc) __________________

**Step 1:** What is your age predicted maximum heart rate (HR)?

220 - ______ (insert your age) = _______ bpm

**Step 2:** Calculate your target heart rate.

Work Interval: I want my work interval to be _____% of my HRmax (insert 80-90% depending on your current fitness level)

Work Heart Rate Goal= ____ (desired %/100) * ____ (insert HR max)= ____ bpm

Recovery Interval: I want my recovery interval to be _____% of my HRmax (insert 30-50% depending on your goals)

Recovery Heart Rate Goal= ____ (desired %/100) * ____ (insert HR max)= ____ bpm

**Step 3:** Determine the ratio of intense work to recovery that you would like to work at.

______ min Work: ________ min recovery

**Step 4:** Decide what paces or resistance levels you want to work at based on your exercise mode of choice.

Work Interval:____________________

Recovery Interval:____________________

**Step 5:** Determine the total workout time.

___________ min. (10-15 min. is the recommendation for beginners)

**Step 6:** Determine how you want to progress your program in the future.

Future Goals: ___________________________________________________