TEAM FITNESS
Training • Education • Accountability • Motivation

Member's Name _____

Member's A.T. _____

Workout Date _____

Workout Week 1 of 12	Workout Type Week 1- 30-Minute Field Test	No. Intervals 1

Workout Description: Field Test

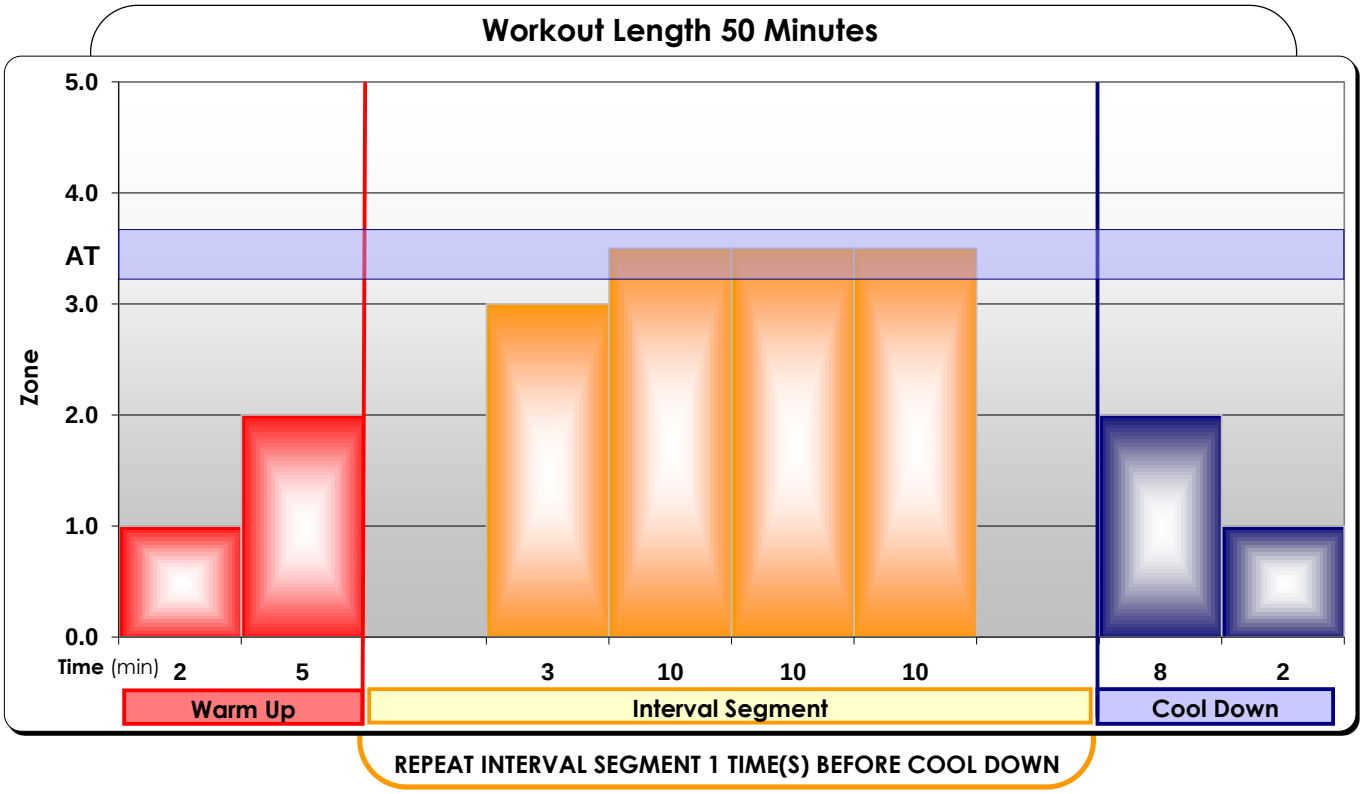
The 30-minute cardiovascular endurance test is designed to benchmark aerobic capacity and distance covered. It will be performed at the highest instensity (within 5 beats of A.T.) one can maintain for 30-minutes, after a 10-minute warm-up. Distance covered will be recorded. Important to note average heart rate during the 30-minute time for future test comparisons. As aerobic capacity & endurance improves, pace & distance should improve. Low intensity, areobic intervals will follow to conclude the workout. Total workout time- 50 minutes

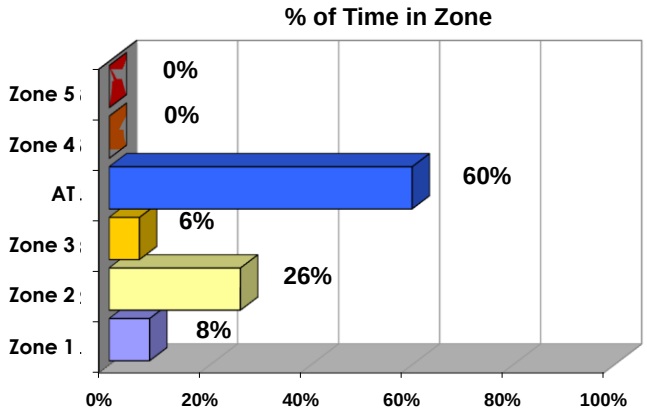
Workout Type: Tempo

Tempo workouts challenge anaerobic threshold & the muscular system. Important in development of cardiovascular output & muscular speed. Tempo workouts are all important in 'opening the window' in energy utilization & muscular speed output. Recognize heart rate will be higher & breathing quicker, but less fatigue in the legs compared to a strength workout.

Workout Intensity: High

High intensity focuses on zone 2, 3 & 4, potentially 5. Aerobic/Anaerobic intensity designed to improve speed, challenge cardiovascular output & strength, while taxing the muscular system. This intensity, should be applied no more than 10-20% of workouts in a week to avoid injury & over-training.





DAILY FITNESS JOURNAL	
Total Exercise Time (minutes)	
Total Calories Burned (kcal)*	
Average Heart Rate (bpm)	
Exercise Type / Modality	

* Calories burned is an estimation

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Workout Date _____

Workout Week 1 of 12	Workout Type Week 1- Cardio Cross-Training	No. Intervals 3

Workout Description: Cardio Cross Training

Cardio-cross train workouts will involve multiple pieces of cardiovascular equipment to provide variety & different body training responses. The type of equipment used will drive the type of workout, but it is important to note Anaerobic Threshold (A.T.) can vary based on activity. It is important to listen to what the body is feeling & match that feeling to heart rate. For example, moving from a treadmill to a bike, A.T. can be 7-10 bpm lower. Going from a treadmill to a Stepmill StairClimber, A.T. can be 5-10 bpm higher.

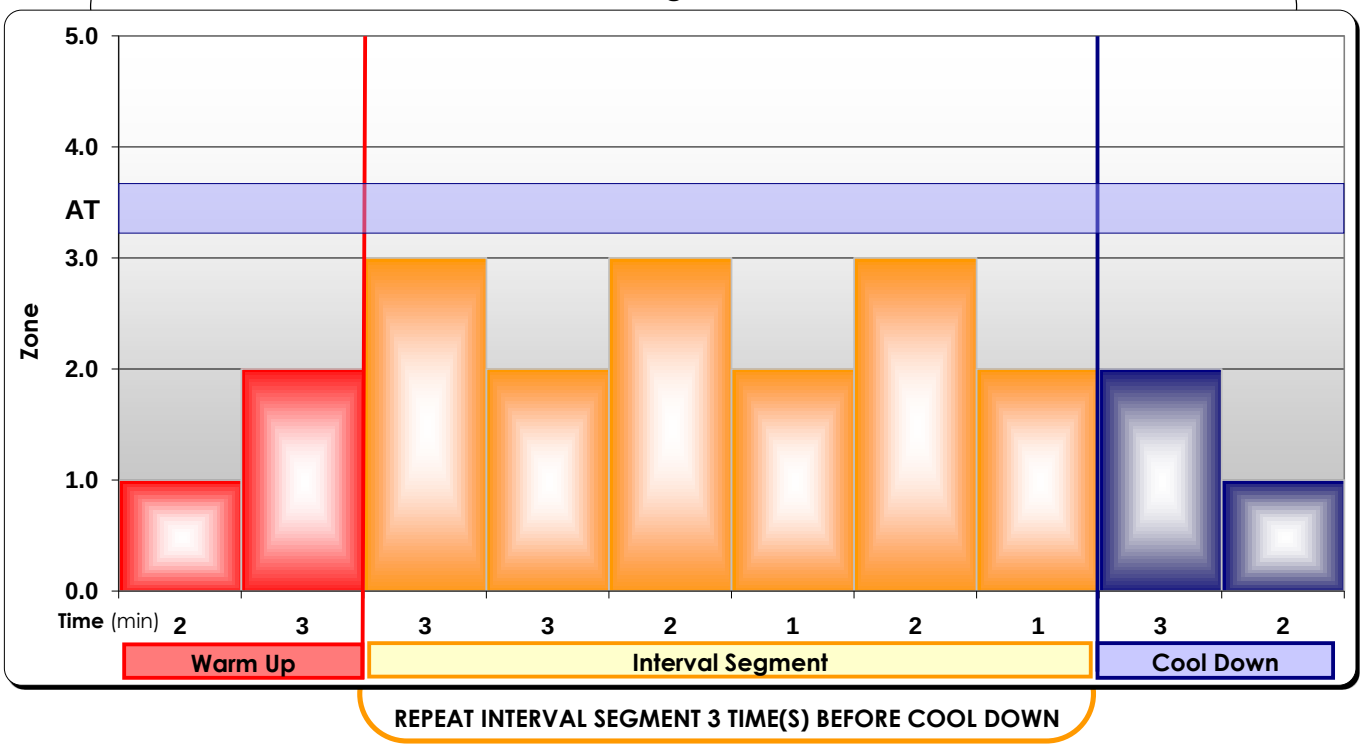
Workout Type: Strength

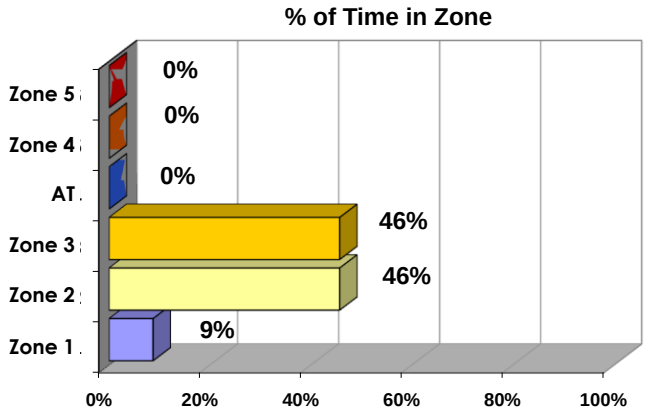
Strength workouts challenge the muscular system to improve power output & speed, while developing effective energy utilization. These workouts are important in development of muscular strength, balance, stamina & endurance. Hills, treadmill incline, high resistance, or stairs should be used for this workout. Recognize your legs will fatigue more quickly & you may need to adjust your heart rate. Pay attention to what your feeling & adjust heart rate accordingly.

Workout Intensity: Low

Low intensity focuses on zone 2 & 3. An aerobic development intensity designed to teach the body to metabolize fat @ different exercise intensities. Important in building the body's energy metabolism foundation & will improve over time.

Workout Length 46 Minutes





DAILY FITNESS JOURNAL	
Total Exercise Time (minutes)	
Total Calories Burned (kcal)*	
Average Heart Rate (bpm)	
Exercise Type / Modality	

* Calories burned is an estimation

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Member's A.T. _____

Workout Date _____

Workout Week 1 of 12	Workout Type Week 1- Endurance	No. Intervals 1

Workout Description: Endurance

Endurance workouts are designed to make one 'feel the time' in different zones while developing endurance qualities of the energy, muscular & cardiovascular system. Workouts of this type are vital in teaching the body how to metabolize fat & sugar more effectively, while creating change in the size, shape & density of the muscular system to long, lean & dense. A well developed aerobic base will allow the body to do more work, while burning more calories at higher exercise intensities.

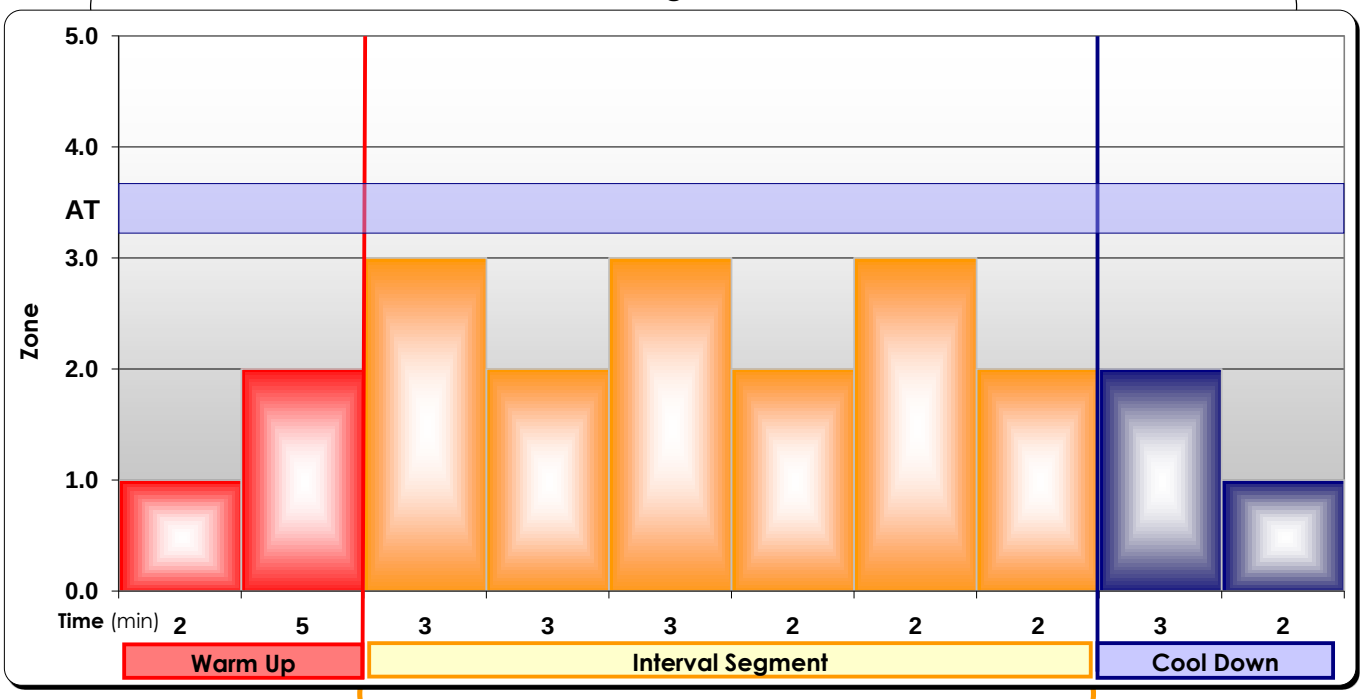
Workout Type: Base

Base workouts focus on developing aerobic capacity, meaning the ability to use oxygen effectively during exercise. A good aerobic base provides the foundation to speed, speed-endurance, and stamina. Although the aerobic energy system has low power output, developing a base early in a program increases the ovreall work capacity of the body. The result; better working efficiency of the heart and lungs, increasing the body's ability to use oxygen to burn fat, and finally, preparing the body for higher intensity work without risk of injury, over-training or rapid fatigue.

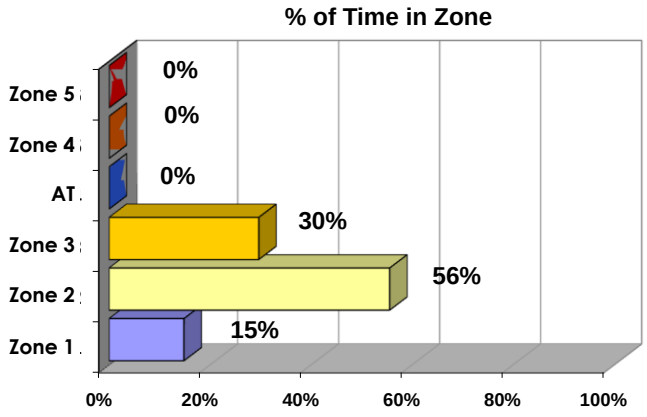
Workout Intensity: Low

Low intensity focuses on zone 2 & 3. An aerobic development intensity designed to teach the body to metabolize fat @ different exercise intensities. Important in building the body's energy metabolism foundation & will improve over time.

Workout Length 27 Minutes



REPEAT INTERVAL SEGMENT 1 TIME(S) BEFORE COOL DOWN



DAILY FITNESS JOURNAL	
Total Exercise Time (minutes)	
Total Calories Burned (kcal)*	
Average Heart Rate (bpm)	
Exercise Type / Modality	

* Calories burned is an estimation

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