



## **Heart Rate Test – Run**

This test is meant to find and gauge an athlete's respective heart rate zones. These numbers can then be applied in future workouts to help identify different training loads. Please exercise caution, as this test is quite strenuous. Consult a physician if you feel you are at risk of personal injury.

### **Equipment**

This test requires a treadmill, heart rate monitor and proper running attire. Treadmill values should be known beforehand such as speed (miles/min) and distance (miles). These values should be recorded. Set the treadmill to 1% incline.

### **Warm up**

Duration – *15 minutes*

Start with light jogging. Include some short bursts of speed. This can be done on a treadmill or outdoors. The athlete should be fully warmed up prior to testing.

### **Test**

Duration – *30-45 minutes*

Runner begins at comfortable pace. Make note of heart rate. The athlete should perceive that they can run at this speed indefinitely. If they cannot, slow the treadmill down and start over.

Once the starting pace is chosen, the following will happen every 3 minutes:

1. Begin by taking heart rate at the beginning of each interval.
2. Take heart rate in the middle of each the interval: 90 seconds.
3. After the 3 minute interval, increase the speed of the treadmill by 0.2 minutes/km (convert from minutes/mile if your treadmill is in American units).
4. Keep increasing speed until athlete can no longer keep up with the pace.
5. As the athlete begins to struggle, be careful they do not slip or fall.

After the test is finished, the athlete should cool down by either some light jogging or on a spin bike.

### **Results**

Email the results to [livemultisport@gmail.com](mailto:livemultisport@gmail.com) or put the data into Excel. Attached is a copy of what some results could look like and be interpreted as.

# Heart Rate vs. Interval

