

MILE SHEET

Name: _____
Period _____ **Roll Call #** _____
Mile Time Goal _____

WHR: Working Heart Rate: How many times heart beats while exercising. Take heart rate for 6 seconds and multiply by 10.

Reflection: Reflect on your day's effort, achieved time, and ways you are working to improve.

You are required to write two sentences.

Run 1 Date: _____ Distance _____ Time _____ WHR _____ Target H. R. Yes ___ No ___

Reflection: _____

Run 2 Date: _____ Distance _____ Time _____ WHR _____ Target H. R. Yes ___ No ___

Reflection: _____

Run 3 Date: _____ Distance _____ Time _____ WHR _____ Target H. R. Yes ___ No ___

Reflection: _____

Run 4 Date: _____ Distance _____ Time _____ WHR _____ Target H. R. Yes ___ No ___

Reflection: _____

Run 5 Date: _____ Distance _____ Time _____ WHR _____ Target H. R. Yes ___ No ___

Reflection: _____

What is your Target Heart Rate Zone? Your target heart rate zone is how many heartbeats per minute your heart should be beating during exercise in order to maximize your fat-burning effort and improve your heart muscle. You take your age and subtract it from 220 the maximum heart rate and then multiply that number by 80% to get the top of the rate and 70% for the bottom of the range.

Age 11	Age 12	Age 13	Age 14
220 220	220 220	MAX Heart Rate	220 220
<u>-11 -11</u>	<u>-12 -12</u>	AGE	<u>-13 -13</u>
209 209	208 208	Max beats per age	206 206
<u>x70 x80</u>	<u>x70 x80</u>	Low/ High	<u>x70 x80</u>
146- 167	146- 166	Beats for your target zone	144- 166

