

# Know your numbers!

**My 60% HR Max is:** \_\_\_\_\_

**My 80% HR Max is:** \_\_\_\_\_

Speeds for intervals:

On a Treadmill this should be in miles per hour (mph) and it should be a speed you can do with good quality walking!

On a stationary bike (Upright, spin, recumbent) this should be in RPMs.

On an elliptical this can be in miles per hour (mph) or RPMs, whichever is easier to track.

**Speed 1:** \_\_\_\_\_

(This is the speed you can comfortably do long term, of course we are exercising, so it should not be a stroll!)

**Speed 2:** \_\_\_\_\_

(This is the speed that is faster than comfortable, but you can do it for up to 5 minutes.)

**Speed 3:** \_\_\_\_\_

(This is the speed that is the fastest you can do safely, for around 1 minute at a time!)