

# THE EFFORT EQUATION

OUR PROGRAM WILL LEAD YOU IN AND OUT OF THE FOLLOWING HEART-RATE ZONES, BASED ON YOUR MAXIMUM HEART RATE (MHR). THESE INTENSITIES SHOULD ALSO CORRESPOND TO YOUR OWN PERCEIVED EXERTION.

## ZONE 1 (Z-1): RECOVERY

**60 PERCENT OR LESS OF YOUR MHR**

This should feel easy; you're barely breaking a sweat and never feel out of breath.

## ZONE 2 (Z-2): AEROBIC

**60-75 PERCENT MHR**

You're working now but could still hold a conversation. You could probably sustain this level of intensity for an hour or so.

## ZONE 3 (Z-3): LACTATE THRESHOLD

**75-90 PERCENT MHR**

Hard work. You're breathing heavily and feel exhausted quickly—you're running, not jogging.

## ZONE 4 (Z-4): ANAEROBIC

**90-100 PERCENT MHR**

This feels very hard, like a full-out sprint. You could sustain this intensity level for a minute or two, tops.

# MON. TUES. WED. THURS. FRI.

## 1 WEEK

**ENDURANCE**  
RUNNING, STAIR MACHINE, or HIKING: 25 to 30 minutes in **Z-1**.  
OR  
CYCLING, ROWING, or SWIMMING: 35 to 45 minutes in **Z-1**.

**STRENGTH**  
1 set of 8 (each leg): DUMBBELL LUNGES, 2 sets of 25: CRUNCHES, PUSH-UPS, and DIPS. Finish with STRETCH REGIMEN (1 to 2 minutes on each side for each stretch pictured at right).

**ENDURANCE**  
RUNNING, STAIR MACHINE, or HIKING: 30 to 35 minutes in **Z-1**.  
OR  
CYCLING, ROWING, or SWIMMING: 45 to 50 minutes in **Z-1**.

**STRENGTH**  
1 set of 8 (each leg): DUMBBELL LUNGES, 2 sets of 25: CRUNCHES, PUSH-UPS, and DIPS. Finish with STRETCH REGIMEN (1 to 2 minutes on each stretch pictured at right).

**ENDURANCE**  
RUNNING, STAIR MACHINE, or HIKING: 20 to 25 minutes in **Z-1**.  
OR  
CYCLING, ROWING, or SWIMMING: 30 to 40 minutes in **Z-1**.

## 2 WEEK

**ENDURANCE**  
RUNNING, STAIR MACHINE, or HIKING: 20 to 25 minutes in **Z-1**.  
OR  
CYCLING, ROWING, or SWIMMING: 30 to 40 minutes in **Z-1**.

**STRENGTH**  
1 set of 8 (each leg): DUMBBELL LUNGES, 2 sets of 25: CRUNCHES, PUSH-UPS, and DIPS. Finish with STRETCH REGIMEN (1 to 2 minutes on each side for each stretch pictured at right).

**ENDURANCE**  
RUNNING, STAIR MACHINE, or HIKING: 30 to 35 minutes in **Z-1**.  
OR  
CYCLING, ROWING, or SWIMMING: 35 to 45 minutes in **Z-1**.

**STRENGTH**  
1 set of 8 (each leg): DUMBBELL LUNGES, 2 sets of 25: CRUNCHES, PUSH-UPS, and DIPS. Finish with STRETCH REGIMEN (1 to 2 minutes on each side for each stretch pictured at right).

**LACTATE THRESHOLD TEST** With your heart-rate monitor on, warm up for 10 minutes, then RUN or CYCLE on a flat course as fast as you can maintain for 30 minutes. Your LT is your average heart rate recorded for that period.

## 3 WEEK

**ENDURANCE**  
RUNNING, STAIR MACHINE, or HIKING: 30 minutes in **Z-2**. OR  
CYCLING, ROWING, OR SWIMMING: 45 minutes in **Z-2**. During either workout add four 2-minute interval sessions in **Z-3**.

**STRENGTH**  
2 sets of 20: PUSH-UPS, OBLIQUE CRUNCHES. 2 sets of 8: BENT-OVER FLIES, UPRIGHT ROWS, WIDE-GRIP CHIN-UPS, SQUATS. Do 100 JUMP-ROPE SKIPS between each. Finish with STRETCH REGIMEN.

**ENDURANCE**  
RUNNING, STAIR MACHINE, or HIKING: 35 minutes in **Z-2**. OR  
CYCLING, ROWING, OR SWIMMING: 50 minutes in **Z-2**. During either workout add four 2-minute interval sessions in **Z-3**.

**STRENGTH**  
2 sets of 20: PUSH-UPS, OBLIQUE CRUNCHES. 2 sets of 8: BENT-OVER FLIES, UPRIGHT ROWS, WIDE-GRIP CHIN-UPS, SQUATS. Do 100 JUMP-ROPE SKIPS between each. Finish with STRETCH REGIMEN.

**ENDURANCE**  
RUNNING, STAIR MACHINE, or HIKING: 25 minutes in **Z-2**. OR  
CYCLING, ROWING, OR SWIMMING: 40 minutes in **Z-2**. During either workout add four 2-minute interval sessions in **Z-3**.

## 4 WEEK

**ENDURANCE**  
RUN or RIDE for 36 minutes in the following sequence:  
a. 10 minutes in **Z-2**  
b. 8 minutes in **Z-3**  
c. 5 minutes in **Z-2**  
d. 8 minutes in **Z-3**  
e. 5 minutes in **Z-2**  
Cool down: 5-minute WALK

**STRENGTH**  
2 sets of 12: PUSH-UPS, OBLIQUE CRUNCHES. 2 sets of 8: BENT-OVER FLIES, UPRIGHT ROWS, WIDE-GRIP CHIN-UPS, SQUATS. Do 100 JUMP-ROPE SKIPS between each. Finish with STRETCH REGIMEN.

**ENDURANCE**  
RUN or RIDE for 41 minutes in the following sequence:  
a. 15 minutes in **Z-2**  
b. 8 minutes in **Z-3**  
c. 5 minutes in **Z-2**  
d. 8 minutes in **Z-3**  
e. 5 minutes in **Z-2**  
Cool down: 5-minute WALK

**STRENGTH**  
2 sets of 12: PUSH-UPS, OBLIQUE CRUNCHES. 2 sets of 8: BENT-OVER FLIES, UPRIGHT ROWS, WIDE-GRIP CHIN-UPS, SQUATS. Do 100 JUMP-ROPE SKIPS between each. Finish with STRETCH REGIMEN.

**BENCHMARK TEST**  
On a flat route (ideally a track), after a 10-minute WARM-UP, run 1 mile at 5 BPMs below the LT you determined 2 weeks ago. Mark your time. You'll use it to gauge progress when you repeat the test in 4 weeks.