

Comfortable Pace & 3 Point Test

Name \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

Type of Exercise \_\_\_\_\_

Time	Work	HR	Time	Work	HR	Time	Work	HR	Time	Work	HR
1			11			21			31		
2			12			22			32		
3			13			23			33		
4			14			24			34		
5			15			25			35		
6			16			26			36		
7			17			27			37		
8			18			28			38		
9			19			29			39		
10			20			30			40		

Data to Graph

	Workload	HR		Workload	HR
Workload 1			Aerobic Threshold		
Workload 2			Anaerobic Threshold		
Workload 2					
