FORM 8: CARDIORESPIRATORY TRAINING LOG—CARDIO BURN WORKOUT

Use the following chart to record your workouts. This form can be photocopied or downloaded from www.thehollywoodtrainer.com.

Your Initial VO2max score and rating:

Your Heart Rate Training Zones

Aerobic Base Training Zone 50–75% Heart Rate Max:

Intermediate-to-Advanced Aerobic Training Zone 65–85% Heart Rate Max:

Interval Training Zone 70–90% Heart Rate Max:

DATE											
WORKOUT TIME											
LENGTH OF WORKOUT											
CARDIO BURN WORKOUT LEVEL											
HEART RATE AT 5 MINUTES											
AT 10 MINUTES											
AT 20 MINUTES											
AT 25 MINUTES											
1 MINUTE AFTER WORKOUT (COOLDOWN)											
2 MINUTES AFTER WORKOUT (COOLDOWN)											
3 MINUTES AFTER WORKOUT (COOLDOWN)											