

ENDURANCE-I

Hello inhabitants of 108 Bunker, called "El Refugio"!

Today, we are going to start with the training to improve your physical condition and to teach you how to create your own work out. The first badge you need is "Endurance-I".

To get the "Endurance-I" badge you will have to learn how to calculate your "Healthy Activity Zone" (HAZ) and maintain in it during the exercise.

The Healthy Zone is the heart rate between 60% and 85% of the "Maximum Heart Rate" (MHR) where you improve your health and the risk of injuries is lower.

MAKE PAIRS AND FOLLOW CAREFULLY THE STEPS AND ASK YOUR COACH IF YOU HAVE ANY DOUBTS

1. Write your heartbeats at rest in the chart

For calculate the heart rate you have to count your heartbeats in 10 second and multiply it by 6.

2. Calculate your "Maximum Heart Rate" (MHR) and write it in the chart:

You can calculate it with Tanaka's formula: $208 - (0,7 \times \text{AGE}) = \text{MHR}$

3. Calculate your "Healthy Activity Zone" (HAZ)

- Firstly, calculate the 60% of "Maximum Heart Rate" (MHR) and write in the chart: $\text{MHR} \times 0,6 = ?$

- Secondly, calculate the 85% of "Maximum Heart Rate" (MHR) and write into the chart: $\text{MHR} \times 0,85 = ?$

4. Draw a map of the route you are going to follow in the square.

Your route has to be long enough in order to the lap takes you at least 1 minute.

5. Go with the coach and show your route. He has to check it before you start it.
6. Talk with your classmate and decided who are going to do the task before.
7. The first player gives his/her piece of paper to their classmate.

The classmate has to write the heart rate in the chart every lap.

8. The first player begins the route trying to maintain in the "Healthy Activity Zone" (between 60% and 85% of the "Maximum Heart Rate") as much time as possible.
9. When the first player arrives to the end of every lap, he/she calculates his/her heart rate and tells it to his/her classmates.
10. The first player finishes when he/she complete 10 laps.
11. Now is the second player's tourn. (Start in the step 7).
12. When both players finish the exercise, they have to make a graph with the heart rate and the laps.

- Write the MHR in the top of the vertical line

- Write the one to ten laps in the horizontal line

- Write the 60% and 85% of the MHR in the vertical line and draw a horizontal line in those positions.

- Draw a dot on the heart rate position in every lap

- Join the dots and check if you were in the Healthy Activity Zone during the exercise.

13. Show your coach the result.