

IN THE ZONE B WORKOUT STRUCTURE

EPISODE 16 AUGUST 14 2020

	INTERVAL/CATEGORY	HEART RATE ZONE	DURATION	MUSIC
A	INTRO EASY (Warm-Up) Recovery	ZONE 1 - EASY COOL DOWN 50-60% MHR	180 SECONDS	A_2M45S FATAL ATTRACTION.mp3
B	HEALTHY HEART	ZONE 2 - HEALTHY HEART 60-70% MHR	45 SECONDS	B_45S CHANGE IN MY LIFETIME
C	INTRO EASY (Warm-Up) Recovery	ZONE 2 - HEALTHY HEART 60-70% MHR	45 SECONDS	C_1M10S CHANGE IN MY LIFETIME
1	HEALTHY HEART	ZONE 2 - HEALTHY HEART 60-70% MHR	45 SECONDS	1_1M5S CHANGE IN MY LIFETIME
2	AEROBIC	ZONE 3 - AEROBIC 70-80% MHR	30 SECONDS	2_30S NEW SHADE OF RED
3	HEALTHY HEART	ZONE 2 - HEALTHY HEART 60-70% MHR	30 SECONDS	3_30S ACES HIGH
4	ANAEROBIC	ZONE 4 -ANAEROBIC 90% MHR	15 SECONDS	4_15S ZONE 4
5	HEALTHY HEART	ZONE 2 - HEALTHY HEART 60-70% MHR	60 SECONDS	5_60S ACES HIGH
6	AEROBIC	ZONE 3 - AEROBIC 70-80% MHR	45 SECONDS	6_45S NEW SHADE OF RED
7	ANAEROBIC	ZONE 4 -ANAEROBIC 90% MHR	15 SECONDS	2_15S ZONE 4
8	HEALTHY HEART	ZONE 2 - HEALTHY HEART 60-70% MHR	90 SECONDS	8_90S I WALKED AWAY
9	AEROBIC	ZONE 3 - AEROBIC 70-80% MHR	45 SECONDS	9_45S NEW SHADE OF RED
10	ANEROBIC	ZONE 4 -ANAEROBIC 90% MHR	15 SECONDS	10_15S ZONE 4
11	HEALTHY HEART	ZONE 2 - HEALTHY HEART 60-70% MHR	90 SECONDS	11_90S I WALKED AWAY
12	AEROBIC	ZONE 3 - AEROBIC 70-80% MHR	37 SECONDS	12_37S JAMIE ALL OVER
13	ANAEROBIC	ZONE 4 -ANAEROBIC 90% MHR	30 SECONDS	13 30S ZONE 4
14	HEALTHY HEART	ZONE 2 - HEALTHY HEART 60-70% MHR	90 SECONDS	14_90S CANDY APPLES
16	AEROBIC	ZONE 3 - AEROBIC 70-80% MHR	15 SECONDS	16_15S JAMIE ALL OVER
17	ANAEROBIC	ZONE 4 -ANAEROBIC 90% MHR	15 SECONDS	17_15 ZONE 4

	INTERVAL/CATEGORY	HEART RATE ZONE	DURATION	MUSIC
18	HEALTHY HEART	ZONE 2 - HEALTHY HEART 60-70% MHR	60 SECONDS	18_60S BLISS
19	AEROBIC	ZONE 3 - AEROBIC 70-80% MHR	30 SECONDS	19_30S JAMIE ALL OVER
20	ANAEROBIC	ZONE 4 -ANAEROBIC 90% MHR	30 SECONDS	20_30S ZONE 4
21	HEALTHY HEART	ZONE 2 - HEALTHY HEART 60-70% MHR	60 SECONDS	21_60S BLISS
22	AEROBIC	ZONE 3 - AEROBIC 70-80% MHR	30 SECONDS	22_30S DOWN ON MUSIC ROW
23	ANAEROBIC	ZONE 4 -ANAEROBIC 90% MHR	15 SECONDS	23_15S ZONE 4
D	HEALTHY	ZONE 2 - HEALTHY HEART 60-70% MHR	90 SECONDS	D and E 2M35S BLONDE POLICE
E	COOL DOWN	ZONE 1 - EASY COOL DOWN 50-60% MHR	60SECONDS	E- 60S MAILBU SUNRISE