

# CARDIOVASCULAR TESTING

## SWIM:

- T-PACE TEST #1 \_\_\_\_\_ (AVG 300) \_\_\_\_\_ (AVG 100) \_\_\_\_\_ (DATE)
- T-PACE TEST #2 \_\_\_\_\_ (AVG 300) \_\_\_\_\_ (AVG 100) \_\_\_\_\_ (DATE)
- T-PACE TEST #3 \_\_\_\_\_ (AVG 300) \_\_\_\_\_ (AVG 100) \_\_\_\_\_ (DATE)

## BIKE:

- 5 MILE TT #1 \_\_\_\_\_ (TIME) \_\_\_\_\_ (HR) \_\_\_\_\_ (DATE)
- 5 MILE TT #2 \_\_\_\_\_ (TIME) \_\_\_\_\_ (HR) \_\_\_\_\_ (DATE)
- 5 MILE TT #3 \_\_\_\_\_ (TIME) \_\_\_\_\_ (HR) \_\_\_\_\_ (DATE)

## RUN:

- ATHR #1 \_\_\_\_\_ (HR) \_\_\_\_\_ (DISTANCE) \_\_\_\_\_ (DATE)
- ATHR #2 \_\_\_\_\_ (HR) \_\_\_\_\_ (DISTANCE) \_\_\_\_\_ (DATE)
- ATHR #3 \_\_\_\_\_ (HR) \_\_\_\_\_ (DISTANCE) \_\_\_\_\_ (DATE)
- ATHR #4 \_\_\_\_\_ (HR) \_\_\_\_\_ (DISTANCE) \_\_\_\_\_ (DATE)

HEART RATE TO BE HELD \_\_\_\_\_

- M.A.F. #1 \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ (MILE TIMES) \_\_\_\_\_ (DATE)
- M.A.F. #2 \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ (MILE TIMES) \_\_\_\_\_ (DATE)
- M.A.F. #3 \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ (MILE TIMES) \_\_\_\_\_ (DATE)



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