

PoTS: Levine Exercise Protocol

Training Pace & Heart Rate Zones

Step 1: Measure your resting heart rate

$$HR_{rest} = \underline{\hspace{2cm}} \text{ bpm}$$

Step 2: Calculate Heart Rate Limits:

$$\text{Heart rate max} = 220 - (\text{your age})$$

$$HR_{max} = \underline{\hspace{2cm}} \text{ bpm}$$

$$\text{Heart rate reserve} = HR_{max} - HR_{rest}$$

$$HR_{res} = \underline{\hspace{2cm}} \text{ bpm}$$

$$\text{Mid-max Steady State} = (0.75 \times HR_{res}) + HR_{rest}$$

$$MSS = \underline{\hspace{2cm}} \text{ bpm}$$

$$\text{Heart rate 85\%} = HR_{max} \times 0.85$$

$$HR_{85\%} = \underline{\hspace{2cm}} \text{ bpm}$$

Step 3: Calculate Pace Training Zones:

$$\text{Mid-max Pace} = MSS \text{ +/- } 5\text{bpm}$$

$$PACE_{MMS} = \underline{\hspace{2cm}} - \underline{\hspace{2cm}} \text{ bpm}$$

$$\text{Base Pace} = \text{Minimum } PACE_{MMS} - 20\text{bpm}$$

$$PACE_{Base} = \underline{\hspace{2cm}} - \underline{\hspace{2cm}} \text{ bpm}$$

$$\text{Recovery Pace} = \text{Minimum } PACE_{Base} \text{ to } HR_{rest}$$

$$PACE_{Recovery} = \underline{\hspace{2cm}} - \underline{\hspace{2cm}} \text{ bpm}$$

$$\text{Race Pace} = \text{Upper } PACE_{MMS} \text{ to } HR_{85\%}$$

$$PACE_{Race} = \underline{\hspace{2cm}} - \underline{\hspace{2cm}} \text{ bpm}$$

