

Training with a Heart Rate Monitor



Introduction:

Heart Rate Monitor is . . .

- A tool to make your training more efficient
- A way to measure your perceived effort (which is subjective)
- A way to make sure you're not working too hard in a workout or not hard enough
- A tool to maximize your race experience

Here's what it looks like . . .

Options ??????

Easy Run

60  70%

Easy Run (Fat burning Zone) 60 - 70%

1. Conversational Pace
2. Fat Burning
3. Build Endurance
4. Energy Efficient/ Recovery Zone



Steady State


70  80%

Steady State (Aerobic Zone) 70 - 80%

1. Short sentences
2. Aerobic Training
3. Maintain this pace forever (you think)
4. Prepares muscles for anaerobic running.



Pickups

80  90%

Pick-ups (Anaerobic Zone) 80 - 90%

- 1.No talking (just breath)
- 2.Anaerobic Zone
- 3.Purpose: To improve (delay) anaerobic threshold



Example

(for a person whose resting heart rate is 54 and max is 174)

	Percent Effort		Percent Max		Average
Resting	54				
50%	114	50%	87		101
55%	120	55%	96		108
60%	126	60%	104.4		115
65%	132	65%	113.1		123
70%	138	70%	121.8		130
75%	144	75%	130.5		137
80%	150	80%	139.2		145
85%	156	85%	147.9		152
90%	162	90%	156.6		159
95%	168	95%	165.3		167
100%	174	100%	174		174

$$\frac{[(\text{MaxHR} - \text{RestingHR}) \times \%] + \text{RestingHR}}{\text{MaxHR} \times \%}$$