

Using Heart Rate as a Guide to Effective Training



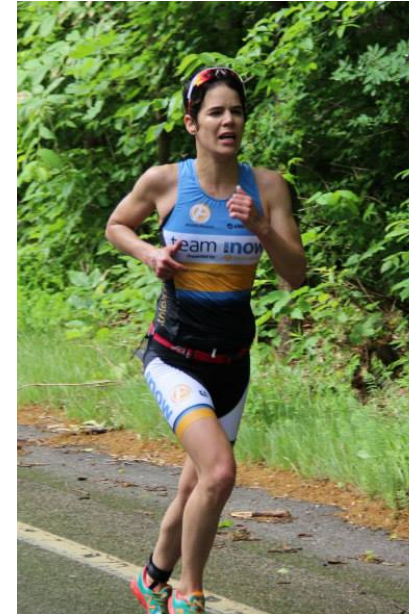
**KALAMAZOO
AREA RUNNERS**

**Beyond Training Clinic
April 14, 2016**

Today's Agenda



- Determining Exertion or better said INTENSITY
- Why you should train with Heart Rate
- Buying a heart rate monitor
- Determining HR training zones



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Measuring Exertion/Intensity



- Perceived Exertion Chart
- Pace
- Heart Rate

1 - 10 Borg Rating of Perceived Exertion Scale	
0	Rest
1	Really Easy
2	Easy
3	Moderate
4	Sort of Hard
5	Hard
6	
7	Really Hard
8	
9	Really, Really, Hard
10	Maximal: Just like my hardest race

Why Train with Heart Rate



- Accuracy and ease of instant feedback from your body.
- **Objective** gauge of exertion.
- Ensure that you are running **easy enough** on your easy days!
- Ensure that you are **building Aerobic Base!!!!**
- Ensure that you are running **hard enough** on your hard days!
- Best way to do true speed work (use to ensure full recovery).



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Why Train with Heart Rate



- Monitor Your Fitness (pa:hr, mrHR)
- Pacing during training *and racing*
- Prevent **Overtraining** or Undertraining
- **Make your training efficient** (get the most for your time)

Bottomline: It ensures that you are doing the right things at the right time to optimize your training and racing!



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Options and Suggestions



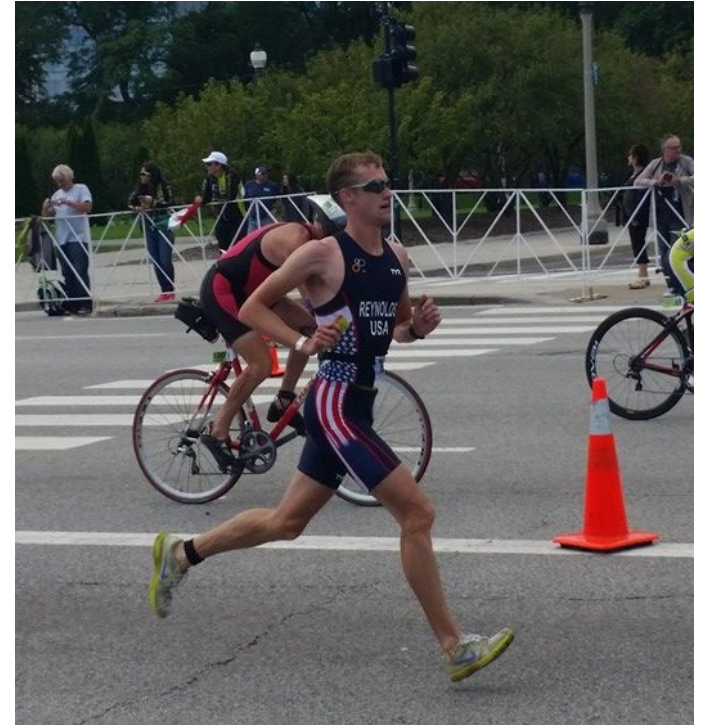
- Lots of brands. Garmin, Polar and Sunntu are some of the oldest and well known.
- Cost: \$50- \$500
- Lot's of new products like the jawbone, fitbit and basis. Not really great for more intense activity.
- Look for something that will display real time heart rate and give you an average for your workout.
- Look for intuitive easy to use models.



Training Zones



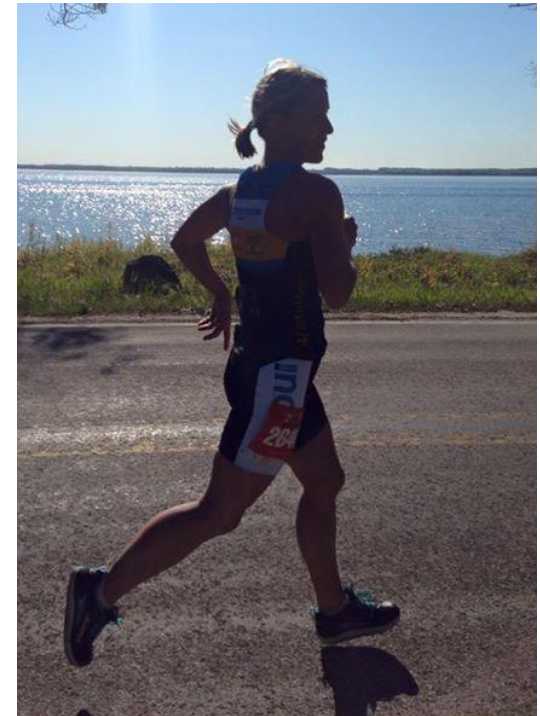
- What is lactic threshold (LT)?
- Age based formulas
- Max heart rate formulas
- Field testing
- Metabolic testing



Run Field Test



- Warm up well. 20 - 30 minutes. (foam roll, dynamic warm up, run with pick ups)
- Run your best 5k
- Record your average heart rate. This is your LT.
- Record the conditions like weather, traffic or any variable that may have had an impact on your results.
- Cool Down.

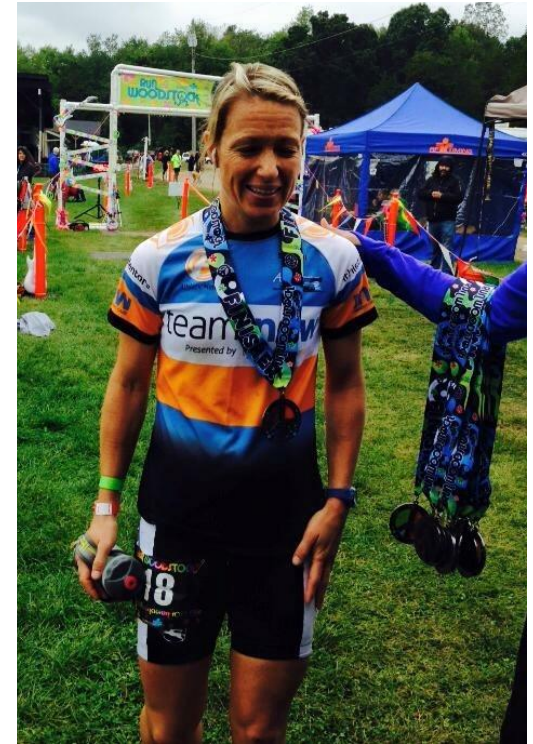


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Tips for a good Field Test



- Use a route that is repeatable (not a lot of traffic, stops or hills)
- Run the fastest you can for the duration of the test. Try not to go out too hard and blow up, shoot for a negative split. You will get better at this test the more you do it.
- Keep warm up and EVERYTHING as repeatable as possible.



Training Zones



Zone	Focus	Range as a % of LTHR	Example LT = 180	PE
1	Recovery	65%-81%	118-148	1
2	Aerobic Endurance	82%-88%	149-160	2-3
3	Tempo	89%-93%	161-167	4-5
4	Sub-Threshold	94%-100%	168-179	6-7
5a	Super-Threshold	101%-102%	180-183	7-8
5b	VO2 Max	103%-105%	184-190	>8
5c	Power	106%+	191+	Max Effort

Q & A