

Why Heart Rate Training?

Most runners tend to run according to how they feel. If you feel good, you will push the pace. This is a recipe for over training and/or possible injury. HR training will allow for endurance gains and proper recovery between runs.

There are three main topics when discussing HR Training.

- Max Heart Rate
- Heart Rate Zones (1 to 5)
- Training Runs - Endurance, Tempo, Interval



How do you find Max Heart Rate?

- 220 minus your age to find MHR (example $220 - 40$ for a max HR of 180bpm). Age and Genetics will determine your MHR. Fitness level has no bearing on this number.
- Resting HR - Before you get out of bed in the morning take your heart rate for 4 days. Take the average of this reading to establish RHR.
- VO2 Max Testing - This is a test of your body's maximum capacity to transport and use oxygen during maximum effort. VO2 Max testing will give you a *true* MHR. This is a clinical setting on a treadmill with more of an accurate reading. Coaches can be scheduled through Max Sports with Dr. Stephen Devor for a precise individualized prescription of HR training zones.

Heart Rate Zones

- Zone 1: Active recovery
Active recover
- Zone 2: Steady state aerobic
Long distance training runs
- Zone 3: Tempo
Introducing anaerobic component
Lactate produced but not
overwhelming
- Zone 4: Interval I
Anaerobic
- Zone 5: Interval II
Anaerobic

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Training Runs

- Endurance - Your endurance runs will cover 3 to 4 days of your weekly mileage. Long run, recovery runs. These runs should stay in zone 2. (most people run somewhere zone 3)
- Tempo - 80% of MAX HR, duration of 30 to 90 minutes. This should be comfortably hard. (High zone 3 to high zone 4) This is conditioning the body to stay at or close to race pace.
- Interval - 90 to 100% of MAX HR, duration of 30 seconds to 5 minutes (Zone 5) These are repetitive with an active recovery down to zone 1 between sets.