



T-16 TREADMILL

KNOW MORE, PERFORM BETTER.

Everyone is unique and you need to take your own health and fitness level into account before embarking on a new training programme. Understanding and analysing your own heart rate is a good place to start. It will help you to fine-tune your performance.

The 'zones' act only as guidance so you can appropriately decrease, maintain or increase your heart rate to make the most of every session.



HEART RATE TRAINING

ZONE//ONE

50% - 60%



This is a very comfortable effort. Aim for zone 1 during the warm-up, cool down and recovery between higher intensity intervals.

ZONE//TWO

60% - 70%



"Average" effort; easy enough to still maintain a conversation. Use this for training aerobic maintenance or cardiac output.

ZONE//THREE

70% - 80%



Above average effort. Ideal for training for improvements in aerobic capacity.

ZONE//FOUR

80% - 90%



Hard effort, although sustainable. Good for maintaining anaerobic capacity.

ZONE//FIVE

90% - 100%



As hard as you can go. Great for developing anaerobic capacity.

For complete accuracy, and to achieve tangible results from your training, carry out a simple heart rate threshold assessment before starting your programme. From this you can identify your own personal maximum heart rate (MHR) and calculate your training heart rate as a percentage of the MHR value.

