

T-16 TREADMILL

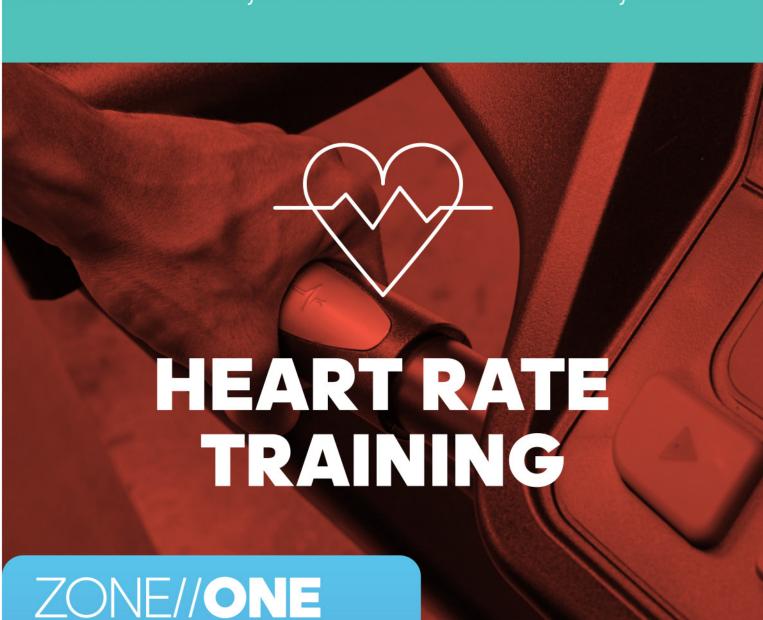
KNOW MORE, PERFORM BETTER.

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.



50% - 60%

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

60% - 70%

ZONE//TWO

maintain a conversation. Use this for training aerobic maintenance or cardiac output.

ZONE//THREE

"Average" effort; easy enough to still

70% - 80%

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

80% - 90%

ZONE//FOUR

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.

