

Workout Key

Training Intensity Levels: The level of effort in individual training will be described using the following scale. These efforts are an indication of how hard you should be working during a given portion of a workout, additionally you will be asked to rate your perceived exertion level at this training intensity.

<u>Effort Level</u>	<u>How you feel</u>	<u>% Max HR</u>	<u>Type of Training</u>
Level 1 (T.I.1)	Warm up pace, talking is easy	55-65	Cruising/Recovery
Level 2 (T.I.2)	Short conversations still comfortable	65-75	Aerobic/Endurance
Level 3 (T.I.3)	Race Pace (1-2 word sentences possible)	75-85	Lactic Threshold
Level 4 (T.I.4)	Can't talk, only cuss! All out maximum effort! Reserved for the sprint to the finish line!	85-95	Anaerobic

How to determine your % Max Heart Rate (% Max HR):

Subtract your age from 220(males) or 226(females). From this number, subtract your average **Resting HR (RHR)** - this is known as your **Heart Rate Reserve (HRR)**. (To determine your average resting heart rate, take your pulse every morning for a week, before you get out of bed, and find the average). Multiply your HRR by the percentage you are trying to determine, then add your resting heart rate back to the result. This will give you the heart rate number that corresponds to your **%Max HR**. For example, 75% Max HR for a 30-year-old male with a RHR of 60 would be calculated like this:

- ♦ $220 - 30(\text{age}) = 190$
- ♦ $190 - 60 (\text{RHR}) = 130(\text{HRR})$
- ♦ $130 \times .75 = 97.5$
- ♦ $97.5 + 60(\text{RHR}) = \mathbf{157.5}$ beats per minute

Borg Scale for Rate of Perceived Exertion (RPE):

Heart Rate is not the only indicator of intensity. The beating of your heart is one way to peek into how your body is responding to training. The Rate of Perceived Exertion (RPE) is one of the best indicators of intensity. RPE is used as an indicator of how you feel independent of heart rate. The RPE scale is based upon the Borg Rating of Perceived Exertion. To use the Borg RPE Scale, give an honest appraisal to the feelings of exertion you experience while training and assign it a number from the scale. In the schedule there is a location for you to record the RPE of your workout.

<u>Training Intensity Zone</u>	<u>RPE</u>	<u>Description</u>
1 (Cruising/Recovery)	6	
1 (Cruising/Recovery)	7	Very, Very Light
1 (Cruising/Recovery)	8	
2 (Extensive Endurance)	9	Very Light
2 (Extensive Endurance)	10	
2 (Extensive Endurance)	11	Fairly Light
2 (Intensive Endurance)	12	
2 (Intensive Endurance)	13	Somewhat Hard
2 (Endurance/Sub-Threshold)	14	
3 (Threshold)	15	Hard
3 (Threshold)	16	
3 (Threshold/Anaerobic)	17	Very Hard
4 (Anaerobic)	18	
4 (Anaerobic)	19	Very, Very, Hard
4 (Anaerobic)	20	TOO MUCH