

## Tiger Tips #9 – Know Your Zone!



With Information from Precision Heartrate Training Publications by Edmund R. Burke

You finished a cardio workout, built up a good sweat, breathing hard at the end. Did you get a great workout? Do you work as hard during every workout? You may be not getting the results you want. You really need to monitor your heart rate during your cardio workouts, the best way is with a heart rate monitor (HRM), they vary in price from \$50-\$250 depending on the amount of features included like an alarm for upper and lower target zones, stopwatch, time, altitude, and calories burned to name a few. Technology in the HRM picks up the number of the beats from your heart and digitally displays it, usually on a wristwatch worn by the person exercising. If you can't afford one, take it manually at the artery on your wrist or neck in beats per minute (BPM), Take it for 10 seconds multiplied by 6.



So why all this fuss about monitoring your heart rate? If not planned properly you could overwork yourself causing a decrease in physical fitness called overtraining, or maybe you want to take your aerobic fitness to another level. With a HRM you always know what it is. Heart rates are displayed as zones, the different types of zones and their names are listed below:

**ZONE 1: Healthy Heart Zone - 50 – 60% of Maximum HR (MHR)**

This zone is reached by walking easily, for at least 20 minutes 3 times a week. Good zone for general health  
Perceived rate of exertion (RPE) – Very light

**ZONE 2: Fat Burning Zone – 60 – 70% of MHR**

Jogging easy for at least 20 minutes will put you in this zone.  
Good for weight loss. RPE – Fairly light

**ZONE 3: Aerobic Zone – 70 – 80% of MHR**

This zone can be reached by moderate running pace, Good for burning fat and building a strong cardiovascular system. Also strengthens the heart, lungs and vascular system. RPE – Somewhat hard

**ZONE 4: Anaerobic Zone (Feel the Burn) – 80 – 90% of MHR**

This zone is for high performance training and should be done under supervised

personnel. Your muscles and heart rate are struggling to use oxygen at this level. RPE – Hard

**ZONE 5: Red Line Zone: 90 – 100% of MHR**

This zone is going all out and can only be maintained for a few minutes.

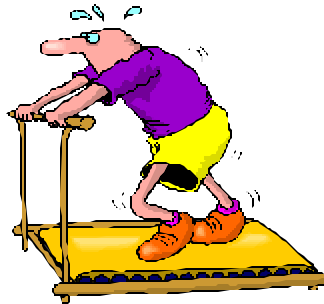
Fitness clients should never be in this zone. RPE – Very hard

The RPE Scale gives a quantitative identification of the feeling of fatigue.

It indicates a subjective sensation of effort. These feelings of fatigue are very highly correlated with heart rate,

**RPE SCALE:**

- 6
- 7 very, very light exertion
- 8
- 9 very light exertion
- 10
- 11 fairly light exertion
- 12
- 13 somewhat hard exertion
- 14
- 15 hard exertion
- 16
- 17 very hard exertion
- 18
- 19 very, very hard exertion
- 20



The Target Heart Rate is established using a percentage of your MHR. For example, the following calculation of target heart rate (THR) is a 35-year-old person using an Aerobic Training Range of 70-80% of age-predicted MHR:

$$\text{MHR} = 220 - 35 = 185 \text{ beats per minute}$$

$$\text{THR} = 185 \times .70 = 130 \text{ beats per minute}$$

$$\text{THR} = 185 \times .80 = 148 \text{ beats per minute}$$

- ? The key is to keep your heart rate at manageable levels as you are beginning your cardio program.
- ? After 8-12 weeks add one workout of a higher heart rate one day a week to increase your fitness level.
- ? If training in levels 3 or 4, be sure to warm up & cool down easy for 10 minutes.

**Trainer Tip:** Generally, each week you should have two Zone 2 workouts, one Zone 1 workout, and one Zone 3 workout (If approved by your physician). When you feel you want to reach the next level of fitness, one Zone 4 workout every two weeks is plenty.



**Quote of the week:**

"If you are ever going to see a rainbow, you have got to stand a little rain."  
Anonymous