

Heart Rate Monitors in exercise for maintenance and training.

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Generally, there are two types of exercising goals: maintenance of a current level of fitness and training to push physical limits. Training that enlarges the heart muscle, expands lung capacity, and increases collateral veins results in more oxygen (V_{O2}) being delivered to working muscles. The degree of fitness is expressed as V_{O2max} . There is a close correlation between V_{O2} and heart rate so the use of a heart rate monitor allows training data to be tracked and physical limits expanded incrementally.

Running engages cardio, lower body, and core muscles. Running resistance can be increased by an incline, extra weight, and/or an unstable surface, like a rocky trail, sand, etc. Running variables are: intensity, duration, and frequency.

Heart rate intensity can be related to maintenance of a given pace for a period of time. Repetition increases adaptation. Typically, the cardio system increases V_{O2max} by sustained heart rate levels exceeding 80% of maxHR by high intensity interval training (HIIT) and high intensity long duration training (HILDT). The majority of runners may focus on HIIT with speed being a high objective. Endurance athletes may want to incorporate HILDT into their training program to help sustain a heart rate exceeding 80% for prolonged periods.