

Active Environment  
Personal Training:  
Fitness training  
guidelines

## Guidelines for improving cardiovascular fitness:

In terms of cardio or aerobic fitness, the aim is to get the heart, lungs and muscles working hard whilst working safely within your limitations. The general guidelines are:

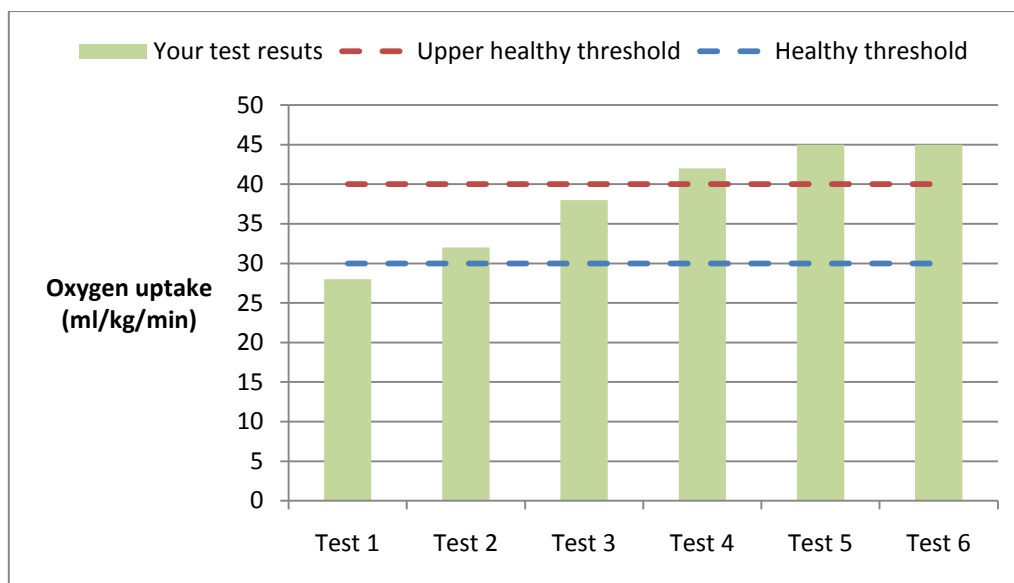
- 3-5 sessions per week of continuous or intermittent aerobic activities for at least 20mins.
- Start off at 50-60% of max heart rate ask me for more details on using the Heart Rate Reserve method (see graph below), and build up intensity and/or duration over the following weeks and months. You can also train at a % of your maximal aerobic fitness.
- Make the training specific to your event/sport – if it involves running, do mostly running etc. If you are training for health/fitness purposes, then varying the types of exercise you do is good to ward off boredom.



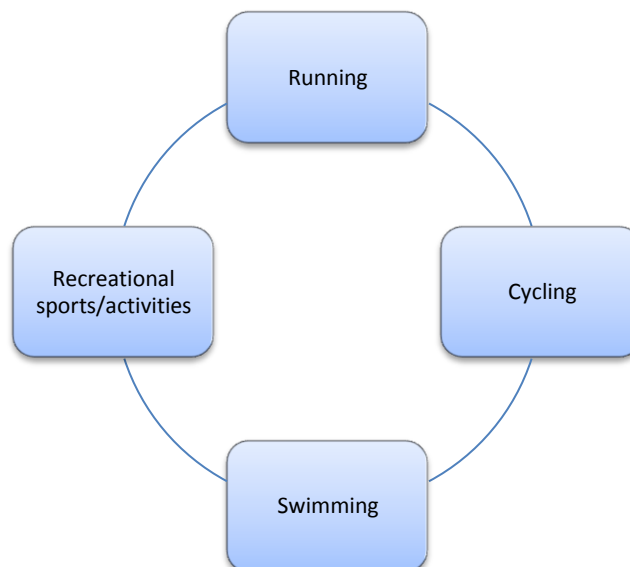
Age	30
Resting heart rate	50
Maximum heart rate	190
Heart rate reserve	140
Beginner	106
Moderate Training	120
Fitness Threshold	134
Cardiovascular Training	148
High Intensity Training	169

## How fit am I?

The best way of determining your fitness level is with a fitness test. Results can be relative to body weight (millilitres of oxygen per kilogram of body mass per minute) or absolute (litres per minute). Most results with running or stepping tests are relative to body weight, and the optimal level is 8 to 10 METS (8-10 times above your resting metabolic rate, see graph below based on one of my clients over 1 year). Cycling or rowing aerobic tests negate body weight so are shown in absolute measures. The Chester Step test can also allow you to estimating calorie use based on heart rate and oxygen consumption values.



## Activities:



## Monitor your progress:

- A simple way of monitoring your activity levels are by using activity diaries where you write down how or where you have been active during the day (example below).
- You can then keep an online account on a blog/social network site if you wish. Twitter away or use Facebook to show off your new found fitness regime.
- Heart rate monitors are a great tool to use for fitness training, to monitor if you are training at the right intensity. Some heart rate monitors come with GPS monitors for outdoor training, great for a long cycle ride or run. If you do more cycling, cycle monitors are also available to record how many miles or km you travel each day/week or again you can use the GPS monitors. Good for monitoring your speed and RPM too.
- For more support to become more active and healthy, choose a fitness programme from [Active Environment Personal Training](#).

