fit squad – 30/04/2012

THE FORUM

Question

How do I calculate my correct training zone?

Answer

Training with a heart rate monitor will accurately determine the fat burning and fitness building zones that you need to train in to maximise your workout. Heart rate monitors tell you if you are overdoing it or when you need to ramp it up.

To calculate your correct training zones the general principle for men is 222 minus your age and for women 226 minus your age. From there you simply determine the percentage zone you wish to train in.

There are five training zones:

- Healthy Heart Zone (50-60%) is the warm up zone for people just starting a fitness program.
- Fitness Zone or Fat Burning Zone (60-70%) is a little more intense and helps you to burn calories.
- Aerobic Zone or Endurance Training (70-80%) will improve your cardiovascular system and increase your fitness and strength.
- Anaerobic Zone (80-90%) is a higher intensity level which you train at for shorter periods.
- Red Line (90-100%). You should only train in this zone if you have been cleared by a physician to do so.

For a one hour fat burning session it is suggested that you train in 60-70% zone. If you walk three times a week for weight loss, make sure your heart rate is between 60-75%. If it is not hard enough, swinging your arms will increase your heart rate. For shorter more intense workouts, we recommend 75-90% zone. It is recommended that you consult your trainer or doctor before you start your program.