How hard should I work?

Heart Rate (HR) Based Training

If you have a HR monitor you can measure the intensity of your workout based on your HR response. These HR training zones can be created from an estimated Max HR, based on the following general formula:

Max HR = 220 – Age.

From this number use the percentages from the table above to determine your HR training zones for each interval intensity. During your training, if you notice your HR goes higher than your calculated Max HR, simply replace the calculated Max HR with your observed Max HR and re-calculate the percentages for each HR zone.

Rate of Perceived Exertion (RPE)

Your Rate of Perceived Exertion (RPE) is a simple and effective way to determine the training intensity during the prescribed intervals. The scale goes from 1-10. A rating of 1 would be equivalent to standing still, while a rating of a 10 would be representative of the most strenuous level of activity you could possibly sustain. Here are some general guidelines to follow throughout your training.

Intensity	Rate of Perceived Exertion	% of Max Heart Rate
Easy	5 out of 10	65%
Moderate	7 out of 10	80%
Hard	9 out of 10	90%
Max	10 out of 10	100%

5/10 You should be moving with a purpose, but you should still be able to carry a comfortable conversation.

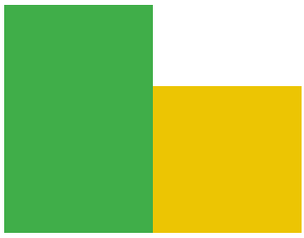
7/10 Your breathing should be more rapid and you should not be able to carry a conversation.

9/10 An extremely strenuous effort. Breathing should be rapid and the effort should be difficult to maintain.

10/10 Maximum effort. Give it all you got!

Equipment Based Option (Bike, Treadmill, Elliptical)

Select a piece of cardio equipment and follow the appropriate interval training session below. Start the session with 2-5 minutes of easy effort to warm up.
Equipment based training can help to reduce the impact on your body throughout your conditioning.
Cross training is an effective way to challenge the body, so try to mix up the equipment you select when possible.

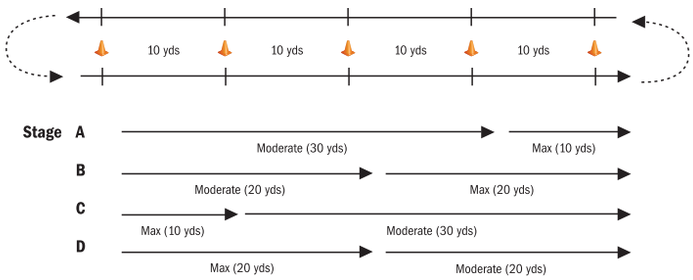


Level 1:	Moderate	Easy	Short	Medium	Long
Stage A	3 min	2 min	x2	x3	x4
B	3 min	2 min	x2	x3	x4
C	4 min	1 min	x2	x3	x4
D	5 min	1 min	x2	x3	x4

Deck Based Option - Linear Acclerations

Deck based conditioning focuses on powerful transitions when accelerating and decelerating, while being simple enough to elevate your HR and develop leg strength. During your work intervals hit the prescribed effort levels, during the rest intervals walk or jog the pattern at your own pace to ensure full recovery before next interval begins.

Stage:	Pattern	Work	Rest	Short	Medium	Long
A	30 yds Moderate/10 yds Max	2 min	1 min	x3	x5	x7
B	20 yds Moderate/20 yds Max	2 min	1 min			
C	10 yds Max /30 yds Moderate	2 min	1 min			
D	20 yds Max /20 yds Moderate	2 min	1 min			



Set Up:

- Set up 5 cones or markers 10 yds apart for a total distance of 40 yds as shown in the diagram
- Set up the cones with room to spare after the last cone to allow you to run through the last cone on each sprint

Procedure:

- Select the appropriate pattern, work-to-rest ratio, and repeats for the stage you are on
- Start with a light jog, back and forth, through the pattern for 2 minutes to warm up
- During the Work interval run the pattern at the prescribed intensity (see chart)
- After passing the last cone in the pattern, turn around and repeat the pattern in the opposite direction. Continue to repeat for the duration of the work interval.
- During the Rest interval walk or jog between the two end cones

Coaching Keys:

- Refer to the "Intensity Tables" above to determine your work interval intensities based on RPE or HR
- Focus on distinct change of speeds between Moderate and Max Intensities
- Keep your movement clean as you accelerate through the drill
- When working in large groups, set up multiple sets of cones and divide the group appropriately – you can start people at either end of the cones to increase numbers of people per cones