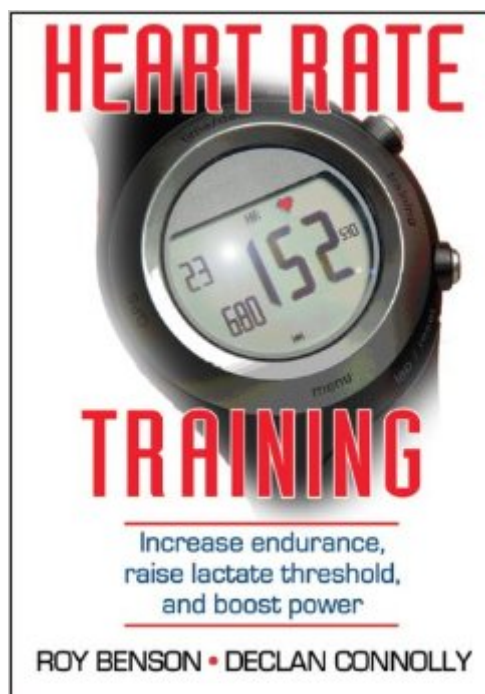


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# Heart Rate Training



## Synopsis

If youâ™re serious about your sport, youâ™re serious about conditioning. Now, with one small device, you can apply the latest technology, science, and research to take the guesswork out of training, monitor progress, and see results. Heart Rate Training will show you how! From functions, features, and operational advice for your device to interpreting and applying the results, Heart Rate Training is a step-by-step guide to optimizing performance. Youâ™ll learn how, when, and why monitors can, and should, be incorporated into your workouts, training, and conditioning program to produce maximum results. In Heart Rate Training, authors Roy Benson and Declan Connolly show you how to determine deficiencies in training and performance, create targeted programs to increase endurance, raise lactate threshold, increase speed and power, and monitor your recovery between workouts. And the sample programs allow you to manipulate the training components to design a long-term training plan across eight endurance sports: walking, running, cycling, swimming, triathlon, rowing, cross-country skiing, and team sports. When youâ™re ready to take training and performance to the next level, turn to Heart Rate Training and achieve your personal best. v

## Book Information

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## Customer Reviews

This is one of those books that I wish, wish, wish I could have read sooner. Now I understand more fully how I could have used a heart rate monitor to detect and prevent overtraining injuries. It doesn't just say 'rest is important'; it explains why and then actually teaches how to use a heart rate monitor to measure 'rest'. As a distance runner entering the cycling and swimming sports, I could have used

the details this book gives about applying heart rate zones to all three disciplines. As a coach, I can tell who is working too hard, and who isn't working as hard as they think they are, and the book describes exactly how the heart rates should/shouldn't shift in each part of each workout in each sport. The book also addresses the variations. Every time I've worked with athletes the first time, they always seem to protest the low heart rate ranges used early on in training, but this book really helps with adjusting and fine-tuning the zones, and shows how to measure and handle the variations caused by factors such as cardiac creep and dehydration; I can adjust my coaching accordingly, specific to that athlete on that day. Plus, I see now how to use the different heart rates (maximum, resting and anaerobic threshold) along with the VO2 max specific to each person I coach. I underlined and dog-eared the sections that explained tests athletes in each sport can use to calculate these heart rates and VO2 maxes, especially for those who don't have access to lab equipment or funds or Ph.ds. I liked that the authors explained the science behind the monitors without using the too-formal, dense tone of a textbook yet not dumbing it down excessively.

Walk into any running store lately, and you see as many "gadgets" as shoes and apparel: global positioning watches, music-players, heart rate monitors, many features sometimes combined in a single device. We runners love our toys. If I had to pick the one device that I consider most useful for training, it would be that last one, the heart rate monitor. Recently, I did a survey among runners visiting my bulletin boards, asking: "Why use a heart monitor?" Most popular (checked by 32% of respondents) was: "It helps me analyze my training." But the one I liked the most was because heart monitors are "fun." While researching the first edition of my best-selling *Marathon: The Ultimate Training Guide*, I used a monitor to do what coaches often recommend, "Listen to your body." I watched the numbers both during workouts and analyzed body responses afterwards. But I was flying somewhat blind and now runners have a resource to teach them all they need to know about monitors, a slender book logically titled *Heart Monitor Training*, co-authored by Roy Benson and Declan Connolly: They write: "The beauty of heart rate training is that it relies on a system (your cardiovascular system) that reflects your overall state of stress 24 hours a day, 365 days a year. It reflects when you're tired, overtrained, sick, cold, or hot and therefore can guide you in making changes to your plan. More important from an exercise point of view, it provides immediate and consistent feedback about your stress level." Before you proceed to your running store to purchase your new gadget, a couple of caveats: The data you receive from any monitor is only as good as your ability to interpret that data.

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