

SWIMBIK

trek**women**  TRIATHLON SERIES

an *Extra Mile LLC* property

TRAINING

A Conscience Card (training log) is a personal record of events, experiences and observations. It can serve as a coach and a crystal ball. It can provide a wake-up call and a slap on the wrist.

A Conscience Card is one of the best tools you can use if your goals are to improve. Performance trends and patterns that cannot be seen by observing one day at a time become clear in a diary.

Your resting heart rate for one day does not tell you much, but observing the pattern of rise and fall against the background of a training schedule can red-flag fatiguing workouts and identify the number of days required for proper rest and recovery.

Perhaps of even greater value, your Conscience Card keeps you accountable.

Your Conscience Card makes it tougher to skip training sessions when you know you have to log your actions for the day.

The satisfaction of reviewing a series of training logs that span a period of time is immense. This tangible reminder gives life and value to the countless hours spent training and racing.

YOUR TRAINING MILEAGE TRACKER

Make copies of this chart to fill in and keep track of your mileage weekly.

WK# Date	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Summary
Sport								
Training Time								
Training Distance								
Avg HR or Zone								
Training Load Points*								

*Training Load Points is the product of training time (min.) multiplied (x) by zone number. It is a measurement of how much exercise or training stress.

SET YOUR HEART ZONES

A heart rate zone is a range of heart beats per minute, and in the Heart Zones system, each zone represents a 10% range of your maximum heart rate (HR). See the following chart:

Heart Zone	% of Max HR
5	90% - 100%
4	80% - 89%
3	70% - 79%
2	60% - 69%
1	50% - 59%

HEART ZONES TRAINING FUNDAMENTALS

In order to get started with this training program, strap on a heart rate monitor to determine your estimated maximum heart rate for each triathlon discipline using this simple test:

A SUB-MAX TEST TO DETERMINE YOUR MAXIMUM HEART RATE: THE "CAN YOU SPEAK COMFORTABLY?" TEST

- Step 1. Warm up adequately for 3 to 5 minutes.
- Step 2. Each stage of the test is 2 minutes. Starting at a heart rate of 120 bpm, increase your effort or intensity by 10 bpm for each 2-minute stage.
- Step 3. Ninety seconds into each 2-minute exercise stage, recite the Pledge of Allegiance or other text of similar length out loud.
- Step 4. At the final moments of each stage and after reciting the text, ask this one question: Can you speak comfortably? There are only three allowable answers that you may select: Yes Uncertain No
- Step 5. When you reach "Uncertain" note your heart rate, then stop the test. DO NOT keep going until you reach "no."
- Step 6. Cool down adequately.
- Step 7. Divide the heart rate number that corresponds to "uncertain" (also called your Threshold) by 80% or .80 to get your estimated maximum heart rate.
Example: Threshold is measured at 160 bpm. Estimated maximum heart rate is $160 \div 0.8 = 200$ bpm.

Copyright© 2010 HeartZones USA