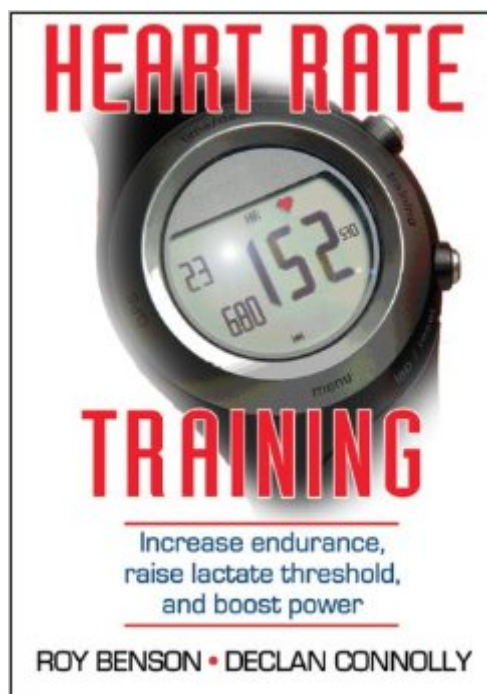


The book was found

Heart Rate Training



Synopsis

If you're serious about your sport, you'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. You'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 you're ready to take training and performance to the next level, turn to Heart Rate Training and achieve your personal best. v

Book Information

Paperback: 224 pages

Publisher: Human Kinetics; 1 edition (March 1, 2011)

Language: English

ISBN-10: 0736086552

ISBN-13: 978-0736086554

Product Dimensions: 6.9 x 0.7 x 9.9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (75 customer reviews)

Best Sellers Rank: #199,148 in Books (See Top 100 in Books) #65 in Books > Health, Fitness & Dieting > Exercise & Fitness > Triathlons #83 in Books > Sports & Outdoors > Individual Sports > Triathlon #386 in Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging

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.

[Download to continue reading...](#)

Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Heart Rate Training Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Chess Exam And Training Guide: Rate Yourself And Learn How To Improve (Chess Exams) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness(Dog training, Puppy training, Pet training books, Puppy ... games for dogs, How to train a dog Book 1) Potty Training In 3 Days: Quick And Easy Guide To Potty Training Your Toddler In As Short As 3 Days (potty training, toddlers, toddler, toilet training) Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) IEC 60605-6 Ed. 2.0 b:1997, Equipment reliability testing - Part 6: Tests for the validity of the constant failure rate or constant failure intensity assumptions Filed Rate Doctrine (Public Utility Series) How Good Are You at Backgammon?: 50 Challenging Situations for You to Rate Your Ability with the Experts RetÃfÂ- rate joven y rico (Rich Dad) (Spanish Edition)

