

## Aerobic Conditioning Contrast

### The EASY

**FatMax** occurs at a heart rate that is completely specific to the individual.

This zone is where we use fat as our energy source and burn the highest number of calories possible from fats. This is the lowest zone that we train at and is really effective at improving our metabolic efficiency.

There is a simple FatMax predictor below which can be used to estimate FatMax heart rate. One way to get an exact measurement of your FatMax heart rate, is to completed using a metabolic analyser; this equipment is available at Tribal.

#### How to Predict FatMax Heart Rate:

To find your FatMax Heart Rate, there are two important steps.

##### Step One:

Minus your age from 180.

##### Step Two:

Modify this number by selecting among the following categories the one that best matches your fitness and health profile:

- a) If you have or are recovering from a major illness (heart disease, any operation or hospital stay, etc.) or are on any regular medication, subtract an additional 10.
- b) If you are injured, have regressed in training or competition, get more than two colds or bouts of flu per year, have allergies or asthma, or if you have been inconsistent or are just getting back into training, subtract an additional 5.
- c) If you have been training consistently (at least four times weekly) for up to two years without any of the problems in (a) and (b), keep the number (180–age) the same.
- d) If you have been training for more than two years without any of the problems in (a) and (b), and have made progress in competition without injury, add 5.

(Courtesy of Phil Maffetone (MAF Method)).

#### How do I use FatMax?

The American College of Sports Medicine (ACSM) guidelines are 150 minutes of low intensity rhythmic exercise per week at FatMax. You can achieve this by walking purposefully for 22 minutes a day, this will also accumulate approx. 4,000 steps toward your daily step goal.

## The HARD

### High Intensity Interval Training (HIIT)

As explained in the video, this intervention will give you a huge hormonal boost and will help with upgrading your health, and is the third most important training after your low-level lymphatic movement, and strength work. This is short periods of high intensity efforts, followed by a period of recovery.

This interval set can be completed on any cardiovascular equipment (treadmill, bike or elliptical) or outside on foot either running or walking up hill. Intervals such as these should be completed between 1 – 3 times per week. **Nb.** Please choose a modality that fits your musculoskeletal and biomechanical health, if your joints are compromised, please stick to the bike or elliptical.

#### Protocol:

- 3-5 minute warm up.
- 30 second sprints (where you go as hard as you can for those 30 seconds).
- Active recovery until heart rate lowers to 70% of maximal heart rate (or 2 minutes).
- 3-5 minute cool down.

#### Sprints:

- Each sprint is 30 seconds long and must be performed at an all-out intensity. If you could go longer than 30 seconds, you are not working hard enough. But remember, this will be different for everyone - your "all-out intensity" may be a fast walking pace on the flat.

#### Active Recovery:

- Following each sprint is a period of active recovery.
- In this phase, keep moving slowly, allowing your intensity and heart rate level to come down.
- If you feel you've recovered in less than 90 seconds, work harder in the next sprint to realize the full impact of the HIIT program.

#### Beginners:

Aim to complete 4 max effort 30 second sprints, with active recovery to 70% (or 2 minutes) between each sprint.

#### Intermediate:

Aim to complete 6 max effort 30 second sprints, with active recovery to 70% (or 2 minutes) between each sprint.

#### Advanced:

Aim to complete 8 max effort 30 second sprints, with active recovery to 70% (or 2 minutes) between each sprint.