

# CONTENTS

## 1 Why Exercise with a Heart Rate Monitor? ..... 7

<b>2 The Heart and Its Rhythm .....</b>	<b>11</b>
2.1 The Heart – A Sensitive Organ.....	12
2.2 Exercise to the Rhythm of Your Heartbeat.....	17
2.3 Resting Heart Rate.....	20
2.4 Maximal Heart Rate and Heart Rate Reserve .....	22
2.5 Recovery Heart Rate.....	25
2.6 Heart Rate Variability .....	27
2.7 Special Influences on the Heart Rate and Heart Rate Variability.....	31

## 3 The Heart Rate Monitor ..... 33

3.1 The History of the Heart Rate Monitor.....	34
3.2 Functions of the Modern Heart Rate Monitor.....	36
3.3 Tips for Purchasing a Heart Rate Monitor.....	39
3.4 First Encounter with a Heart Rate Monitor .....	41
3.5 Determining Individual Heart Rate Target Zones .....	43
3.6 Determining Endurance Ability and Fitness.....	48
3.7 Monitoring Relaxation and Mental Stress .....	54
3.8 Care and Maintenance of the Heart Rate Monitor .....	59

## 4 Training with the Heart Rate Monitor ..... 61

4.1 The Optimal Work:Rest Ratio .....	62
4.2 Exercise Zones for Fitness and Endurance Training .....	64
4.3 Training by Heart Rate Formulae.....	71
4.4 Training by the Endurance Method.....	72
4.5 Heart Rate Monitored Interval Training.....	74
4.6 Training by the Repetition and Tempo Methods .....	77
4.7 Heart Rate Measurement during Competition.....	78
4.8 The Keeps U Fit™ Own Training Program.....	79

## 5 Designing a Workout for Different Sports ..... 85

5.1 Designing a Workout: Warm-up and Cool-down .....	86
5.2 Walking and Nordic Walking – The Ideal Lifetime Sports .....	89
5.3 Running – A Sport with a High Energy Demand.....	93
5.4 Cycling – A Suitable Sport for Fat Metabolism Training .....	96

5.5	Swimming – A Good Compensation Sport.....	101
5.6	Cross-country Skiing – A Varied Form of Total Body Training.....	103
5.7	Inline Skating – A Demanding Sport.....	108

<b>6</b>	<b>Training for Different Target Groups.....</b>	<b>111</b>
6.1	The Untrained, Healthy Beginner.....	112
6.2	The Ambitious Fitness Athlete.....	114
6.3	The Competitive Athlete.....	117
6.4	The Overweight.....	120
6.5	Training with Reduced Cardiovascular Function .....	128

<b>7</b>	<b>Frequently Asked Questions (FAQ).....</b>	<b>141</b>
	Keyword Index.....	144
	Bibliography.....	146
	Photo Credits .....	150