

Barker, Richard

Weight: 180 Lbs

Height: 72 Inches

Session Date: 11/05/2005

	AT	Max	AT/Max %	Recovery	1 Minute Rec.	2 Minute Rec.
HR (bpm)	137	173	79	165	141	
VO <sub>2</sub> (ml/min)	2844	4426	64	3966	1944	
VO <sub>2</sub> (ml/kg/min)	35	54	64	49	24	

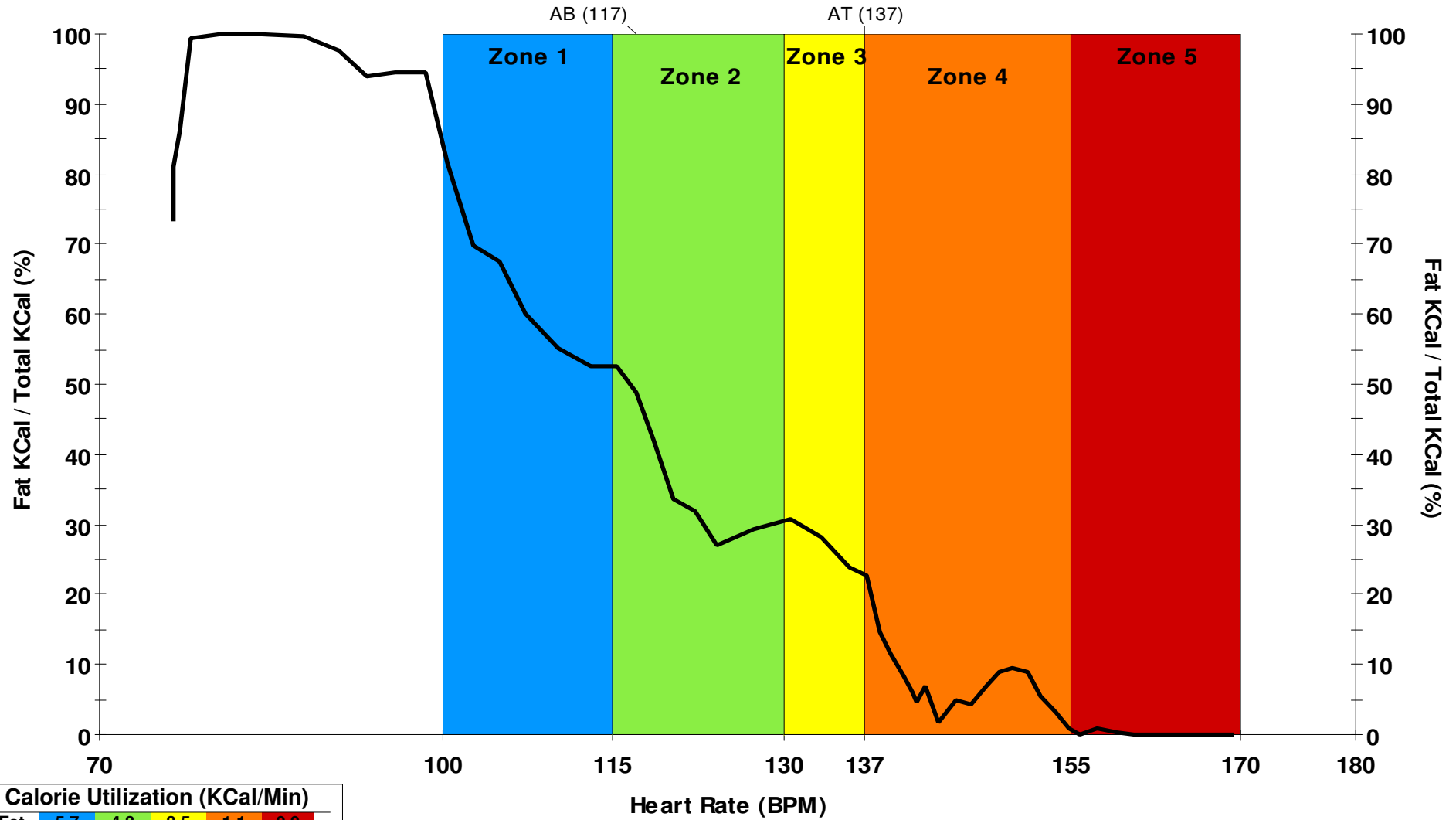
Training Zone	HR	VO <sub>2</sub> (mL/kg/min)	Description
<b>Zone 1</b> (Aerobic)	100	19	<b>Over-Distance / Active Recovery</b>  This is a low-intensity zone used to establish a strong cardiovascular base. Zone 1 training promotes increased oxygen absorption, fat-burning capacity, capillary and mitochondrial density. This zone is also used for active recovery after intense training.
	-	-	
	115	26	
<b>Zone 2</b> (Aerobic)	115	26	<b>Endurance</b>  This is a moderate-intensity zone used to improve overall conditioning and endurance. Most exercise time should be spent in this zone. Zone 2 is an excellent calorie-burning zone because you can exercise here comfortably for an extended period of time.
	-	-	
	130	30	
<b>Zone 3</b> (Aerobic / Anaerobic)	130	30	<b>Lactic Acid Tolerance / Tempo (Race Pace) Training</b>  This is a higher-intensity zone used to improve aerobic conditioning while introducing an anaerobic component. Lactic acid is produced, but not in sufficient quantities to immediately degrade performance. Training in this zone increases tolerance to lactic acid and raises the anaerobic threshold. Well-conditioned athletes will spend most of their time in this zone during a race or time trial of 30 to 60 minutes in length.
	-	-	
	137	35	
<b>Zone 4</b> (Anaerobic)	137	35	<b>Interval Training</b>  This is a high-intensity zone used for speed work and interval training. Training in this zone improves sports performance but must be used carefully with full rest periods between workouts to avoid over-training.
	-	-	
	155	40	
<b>Zone 5</b> (Anaerobic)	155	40	<b>Maximum Capacity Training</b>  This is the highest-intensity training zone and is reserved for use in very hard interval training or near the end of performance pieces. Care must be used when training in Zone 5 to avoid over-training or injury.
	-	-	
	170	52	

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Calorie Utilization (KCal/Min)					
Fat	5.7	4.3	3.5	1.1	0.0
Total	9.2	11.6	13.0	15.2	19.5

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### Your Personalized Exercise Program

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Zone 1 30		Zone 2 30		10MIN 123 4/4/2 30		Z1&2 5MIN INT 30
Week 2	Zone 2 35		10MIN 123 4/4/2 40		Zone 1 30		Z1/2 Inc Z2 Int 30
Week 3	Zone 1 35		Zone 2 35		10MIN 123 4/4/2 40		Z1&2 5MIN INT 30
Week 4	Zone 1 40		Zone 2 40		10MIN 123 4/4/2 30		Z1&2 5MIN INT 40
Week 5	Zone 2 40		10MIN 123 4/4/2 40		Zone 1 30		Z1/2 Inc Z2 Int 30
Week 6	Zone 1 40		Zone 2 45		10MIN 123 4/4/2 40		Z1&2 5MIN INT 40
Week 7	Z2&3 3:1 12M 36		Zone 2 40		Zone 1 40		Z123 5min Int 30
Week 8	Zone 2 40		Z2/3 In Z3 In30 30		Zone 2 45		Zone 1 40
Week 9	Z2&3 3:1 12M 48		Zone 2 40		Zone 1 40		Z123 5min Int 30
Week 10	Zone 2 40		Z2/3 In Z3 In30 30		Zone 2 45		Zone 1 40
Week 11	3Z Int 10min 30 40		Zone 2 40		4,3,2,1 10m 30		Zone 3 30
<b>Schedule an appointment to get retested.</b>							
Week 12	3Z Int 10min 30 40		Zone 2 40		4,3,2,1 10m 30		Zone 3 30
	<b>Zone 1</b>	<b>Zone 2</b>	<b>Zone 3</b>	<b>Zone 4</b>	<b>Zone 5</b>		
Low Heart Rate	100	115	130	137	155		
High Heart Rate	115	130	137	155	170		
Fat KCal/Min	5.7	4.3	3.5	1.1	0.0		
Total KCal/Min	9.2	11.6	13.0	15.2	19.5		

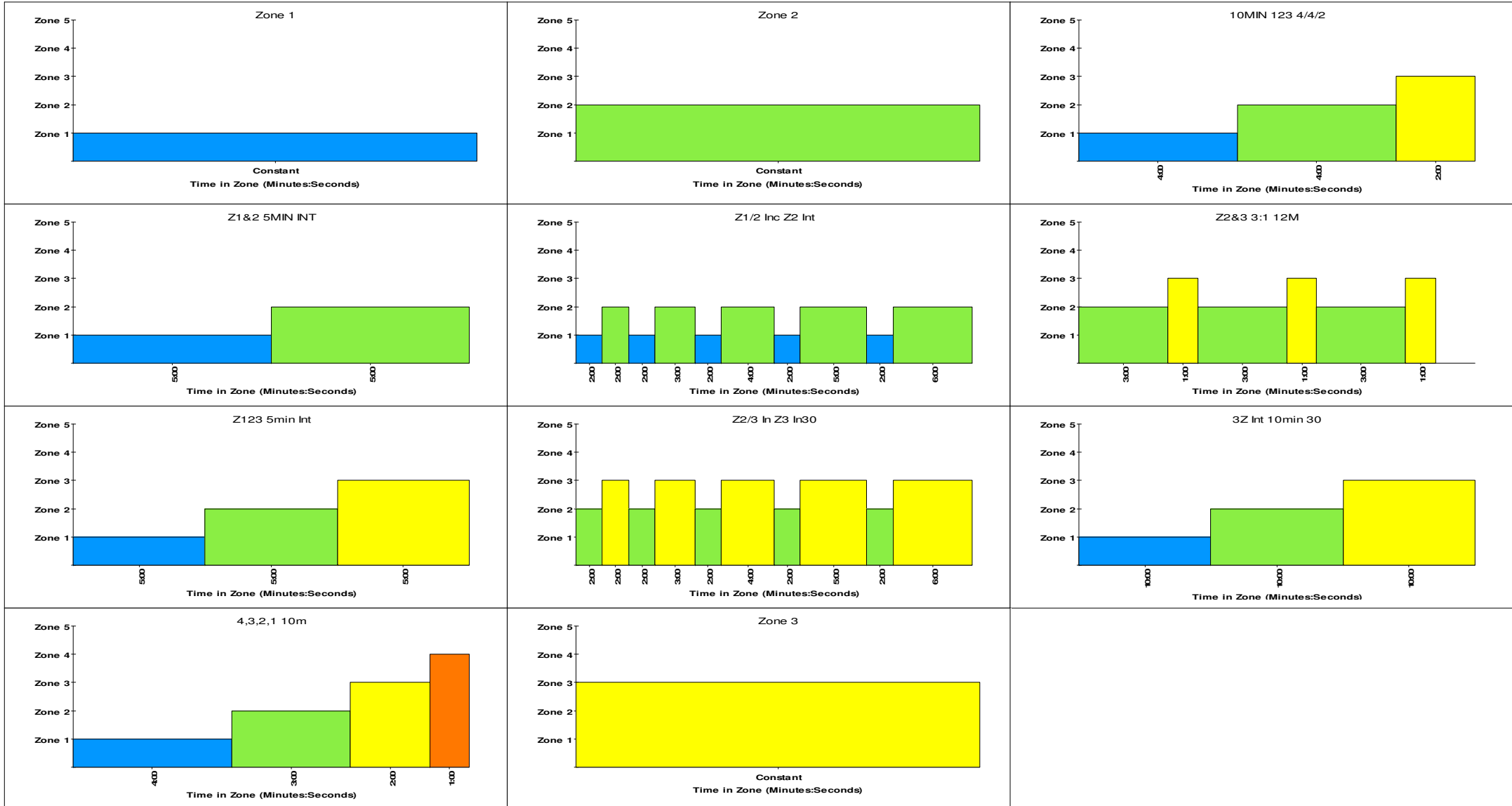
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### The Workout Cycles used in Your Exercise Program



### Understanding Your Exercise Program

- Blank squares indicate rest days.
- Warm up for 5 minutes before your workout. Cool down for 5 minutes after your workout.
- If you miss a workout, resume at the workout you missed: do not skip over the workout or go back to a previous workout.
- Strength-training days are indicated by a dumbbell symbol. On these days, do the strength-training routines recommended by your personal trainer. It is possible to have a day that contains both strength-training and cardio-training.
- Cardio-training days are indicated by a workout cycle name and a goal. For example, your workout for Week 1 Day 1 uses the workout cycle called 'Zone 1' and has a goal of 30 minutes. Your program entry for this day and its workout cycle are shown below. The workout cycle graph illustrates how you should change exercise intensity to vary your heart rate over time. Each bar in the graph represents a period of time in a specific heart rate zone. This workout cycle is a pattern that you should repeat for as many times as is necessary to reach your goal for the day. In this example, you should repeat the 'Zone 1' workout cycle for a total of 30 minutes.

#### Your workout for Week 1, Day 1

