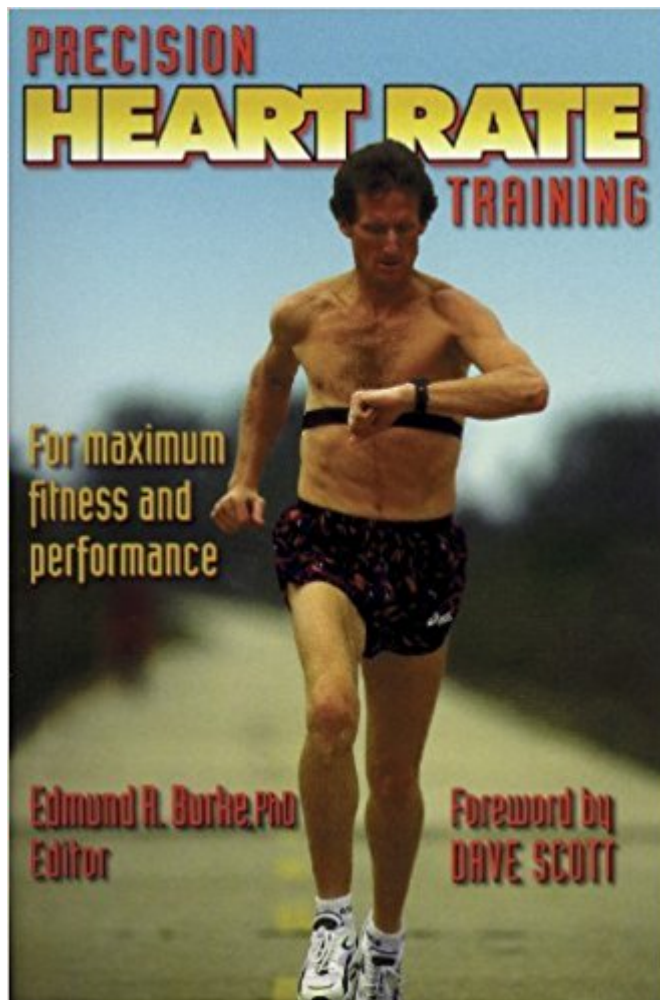


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# Precision Heart Rate Training



## Synopsis

Over the past 20 years, heart rate monitors (HRMs) have gained widespread popularity among fitness enthusiasts and elite athletes. These wireless devices monitor the body's levels of cardiovascular and physiological stress during exercise, so users can adjust their training intensity for the safest, most effective workouts. While more people are buying HRMs, few know how to maximize their use. Precision Heart Rate Training is the best, most complete resource for anyone who wants to use an HRM to get optimal results. Written by prominent authorities from a variety of sports and fitness activities and backed by Polar Electro, the leading manufacturer of HRMs, Precision Heart Rate Training fully explains why and how to train with a heart rate monitor. Editor Edmund R. Burke, a former Olympic coach who began working with HRMs in 1983, introduces the basic concepts of heart rate training. He explains how various factors affect heart rate during exercise, then presents several methods for establishing target heart rates. Burke also introduces the concept of training zones, or ways of describing training intensity, ranging from very light activity to training for improved performance. Using these zones as a framework, an all-star panel of experts explains how to design and use training programs for seven different sports and fitness activities:- Walking - Therese Iknoian - Running - Roy Benson - Cycling - Joe Friel- In-line Skating - Frank Fedel- Multisport Training - Tim Moore- Circuit Training - Wayne Westcott- Group Exercise - Jay Blahnik Each chapter contains training suggestions specific to the activity described, including how to find the optimal training intensity, design an effective training program, and adjust workout intensity, plus sample workouts or programs, or both. For those who want to develop an effective long-term training plan, Jim Dotter, founder of Biometrics, Inc., provides guidelines for setting up a measurable training system using HRMs and explains how to adjust the plan through the season. With HRMs, athletes and exercisers at every level can use high-tech biofeedback training to develop sophisticated programs for better performance. Precision Heart Rate Training shows them how to use today's training technology to their fullest advantage.

## Book Information

Paperback: 224 pages

Publisher: Human Kinetics; 2nd ed. edition (March 11, 1998)

Language: English

ISBN-10: 0880117702

ISBN-13: 978-0880117708

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 30 customer reviews

Best Sellers Rank: #523,158 in Books (See Top 100 in Books) #69 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics](#) #789 in [Books > Sports & Outdoors > Coaching > Training & Conditioning](#) #1696 in [Books > Science & Math > Biological Sciences > Anatomy](#)

## Customer Reviews

""Heart rate training for me has made the difference between being overtrained and being ready to run on race day. My heart rate monitor helps me gauge my training intensity, making sure I'm going hard on hard days and easy on recovery or long days. It's been the key addition to my training program that I wish I'd had in the early days of my career.""Steve ScottWorld-Class Miler ""In my nine years of training and racing with a heart rate monitor, I have come to realize the importance of maintaining a precise level of intensity in my workouts. The heart rate monitor is the only way that I can gauge that intensity and learn more about my body during exercise. I owe my racing success to training at the right intensity level and to my heart rate monitor.""Alison SydorVolvo/Cannondale TeamWorld Champion Mountain Bike Racer "

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The current (2013) knowledge base on this subject has not advanced a bit since the 1998 copyright edition of this book (the edition that I own). You could spend hours researching heart rate training on the web and probably obtain at least the fundamental information contained in this book. I know, because I myself did that before purchasing this book. But as the saying goes "Time is money.", and so in retrospect, this book is a hugely worthwhile value at the current price of only about \$13. But this book contains far more than just the fundamental facts. It's loaded with specifics. There are 10

chapters written by 9 different authors:1) Heart Rate Monitoring and Training2) Better Training With Heart Rate Zones3) Walking4) Running5) Cycling6) In-Line Skating7) Multisport Training8) Circuit Training9) Group Exercise10) Monitoring the Training EffectHere's what I'd like to see in a future edition of this book :-- An index-- Training on an elliptical machine-- Training on a recumbent stationary bike-- More about lactate threshold-- HR recovery testing for anaerobic exercise (or some other standardized, age adjusted anaerobic fitness test)-- Continuous HR monitoring throughout the 3-sprint interval training described in Michael Mosley's TV documentary 'The Truth About Exercise'

I learned more from this book than all the others put together during the past 30 years. This book will help you do your best in whatever athletic activity you prefer. Now we can pinpoint our training effort and reduce the risk of over or under training. Using a heart rate monitor in conjunction with this book is like having a coach on your wrist at all times. Well Written by accomplished coaches among the best at their profession.

Dated, but still very useful in planning my workouts and using my heart rate monitor

I bought this on a recommendation from a diet/exercise/lifestyle book I read. This book is really helping me understand how and why I need to use my heart monitor in my daily exercise. Must read for any "hard core" regime: marathon, triathlon, etc.

Very usefull

Good books for someone getting back into the swing of getting back in shape

I do inline skating, skiing, and weight training, but every time I tried to take up running, I would hit a wall. I just couldn't run for long sessions, and after a few I would hurt something and give up. Then I read about Ed Burke in Outside. This book, along with Burke's "Optimal Muscle Recovery" (I tore an Achilles tendon and developed plantar fascitis from skating and skiing) and "Stretching" finally got me to understand that I wasn't building the base I needed in order to run better. By following the training programs in this book, I've greatly increased my capacity without injury, and am slowly seeing my speed increase. Also liked this book because it took a different approach for each covered sport, and it treated inline skating with the respect it deserves as an endurance activity.

This is a great primer for someone who wants to train in a more scientific way.

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