

Warm-up/Cool Down Times for Training Sessions

Type of Session	Warm-up	Cool Down
UT2	5-8 mins	5-8 mins
UT1	8-10 mins	8-10 mins
AT	10-12 mins	10-12 mins
TR	12-15 mins	12-15 mins
AN	15-20 mins	15-20 mins

Training Bands

Band	Type of Work	% MHR	Rate (SPM)	What it is good for	How you feel
UT2	Utilisation 2. Light aerobic, low intensity work. Sustainable and fat burning.	55-70	18-20	General CV fitness.	Relaxed. Able to carry on a conversation.
UT1	Utilisation 1. Heavy aerobic work using more oxygen.	70-80	20-24	Higher level of CV fitness.	Working. Feel warmer. Heart rate and respiration up. May sweat.
AT	Anaerobic Threshold. Harder work. On the aerobic limit. Pushing into anaerobic area.	80-85	24-28	High level of CV fitness. Building mental and physical tolerance.	Hard work. Heart rate and respiration up. Carbon dioxide build up. Sweating. Breathing hard.
TR	Oxygen Transportation. Working hard. Unsustainable for long periods.	85-95	28-32	Developing oxygen transport to the muscles under stress. Increasing cardiac output.	Stressed. Panting. Sweating freely.
AN	Anaerobic (without oxygen). Short bursts of maximum effort. Unsustainable. Burning carbohydrate.	95-100	32+	Anaerobic work. Increasing speed. Accustoming the body to work without oxygen.	Very stressful. Gasping. Sweating heavily.

Relationship between Exercise Intensity and Energy Source

Exercise Intensity %MHR	Heart Rate (bpm)	% Carbohydrate	% Fat	Length of time at required intensity
65-70	130-140	40	60	60-90 mins
70-75	140-150	50	50	30-60 mins
75-80	150-160	65	35	15-30 mins
80-85	160-170	80	20	10-15 mins
85-90	170-180	90	10	4-6 mins
90-95	180-190	95	5	90 secs-4 mins
100	190-200	100	-	45-60 secs