

# Heart Zone Training Study Guide

## 8<sup>th</sup> Grade

What is heart zone training?

**Heart**-most important muscle in your body, **Zone**- a range of heart beats per minute that give different results, **Training**- exercising with a goal in mind

How many zones are there and what are the training effects?

Zone 1: The **Healthy** heart – **Get Fit**, 50%-60%

Zone 2: The **Temperate** zone - **Stay Fit**, 60%-70%

Zone 3: The **Aerobic** zone – **Get Fitter**, 70%-80%

Zone 4: The **Threshold** zone – **Get Faster**, 80%-90%

Zone 5: The **Redline** zone – **Get Fastest**, 90%-100%

Zones 1, 2, & 3 are the **fitness zones**

Zones 4&5 are the **performance zones**

What is Maximum Heart Rate?

**Max heart rate is...**

- The fastest your heart can beat in one minute measured in beats per minute.
- Genetically determined, you are born with it.
- The anchor point of your training zones.
- Sport specific.
- Does not reflect your current level of fitness.
- A fixed number, **unless** you become unfit.
- Has great variability among people the same age

Maximum heart rate can be determined by sub maximum tests. A sub **maximum test** is an assessment below your maximum heart rate to estimate your maximum heart rate. In class, we will do the 3 minutes step test, the 1 minute chair test, and the biggest heart rate number you have seen test. The average will be taken to determine the predicted max heart rate.

---