

PERFORMANCE 101: Progressing with Aerobic Training

Progressing with Aerobic Training If you have good health start a moderate intensity (ZONE 1 see talking and breathing in chart) aerobic exercise program for 20 minutes at a constant speed such as walking or biking for a few weeks 4 to 5 x a week for several weeks. This is an easy and comfortable pace. After that low and high intensity intervals should be incorporated into your program. Studies have found that higher intensity effort is needed to improve aerobic fitness (breathing and talking become more difficult). This can be simply accomplished by increasing intensity of effort where it is somewhat difficult to exercise for 1 or more minutes. Several of these intervals accompanied by recovery intervals is one of the best ways to improve aerobic ability. Typically people do 5 to 10 - one minute high intensity interval with the same amount of steady state, low intensity continuous intervals when performing interval training. A warm up and cool down of 5 minutes should be incorporated as well. Intensity progression is typically suggested to be a 5% increase per week of time or intensity or both. One minute interval are superior to lesser duration intervals, but you can start off with 20 to 30 second high intensity intervals.

What are Aerobic Activities and is Interval Training Aerobic Activity? Aerobic activities are those which are rhythmical and continuous (examples: walking, running, biking) which can be sustained for prolonged periods of time (generally greater than 1 minute). Less than one minutes time is typically termed anaerobic. A moderate form of aerobic conditioning is termed continuous (steady state) where intensity does not change and is typically done between 45 to 55% of maximum (zone 1). A form of noncontinuous training is called interval training or High Intensity Interval Training (HIIT) ZONE 2 and ZONE 3 (see talking and breathing in chart).

Interval training is a system of organizing cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery. Interval training requires participants to work at a vigorous intensity of 65 to 85% of maximum or within zone 2 (VT1) or zone 3 (VT2) between intervals of recovery. One minute intervals have been suggested to be superior to intervals of shorter duration. Moderate training is typically good for most while those aspiring to increase performance and are healthy should perform vigorous aerobic activity once or more times per a week. That being said it would be highly suggested that most who are healthy should try to get a few minutes a couple times a week of vigorous activity like stair climbing. Stair climbing 3-4 flights of stairs 2-4 times a day is an easy to incorporate form of vigorous aerobic activity.



RPE	Talking	Breathing	%VO Max
1	Normal	Normal	35
2	Normal	Normal	45
3 ZONE 1 Moderate	Easy	Comfortable	55
4 VT-1 Somewhat Hard ZONE 2	Somewhat Difficult	Noticeable	65
5-VT2 Hard	Difficult	Deep but Steady	75
6-VT2	Difficult- Very Difficult- Lactic Acid Burn	Deep and Somewhat Rapid	85
7-VT3 ZONE 3	Very Difficult	Deep and Rapid	90
8-VT3	Extremely Difficult	Very Deep and Very Rapid	95
9	No	Very Deep and Very Rapid	98
10	Impossible	Breathlessness	100