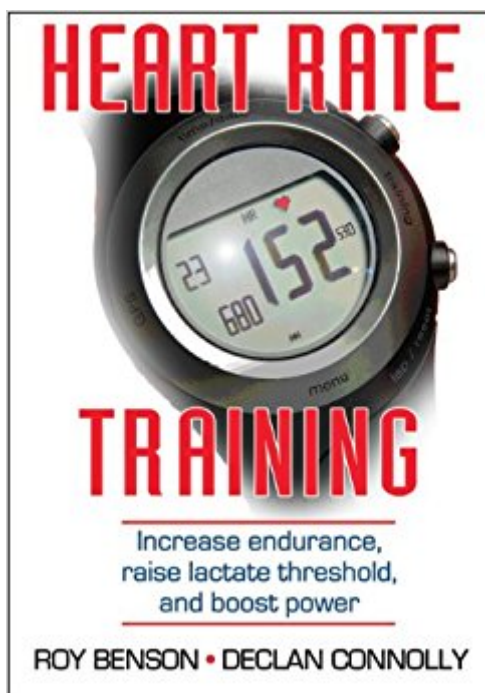


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# Heart Rate Training



## Synopsis

If you're serious about your sport, you're serious about conditioning. Now, with one small device, you can apply the latest technology, science, and research to take the guesswork out of training, monitor progress, and see results. Heart Rate Training will show you how! From functions, features, and operational advice for your device to interpreting and applying the results, Heart Rate Training is a step-by-step guide to optimizing performance. You'll learn how, when, and why monitors can, and should, be incorporated into your workouts, training, and conditioning program to produce maximum results. In Heart Rate Training, authors Roy Benson and Declan Connolly show you how to determine deficiencies in training and performance, create targeted programs to increase endurance, raise lactate threshold, increase speed and power, and monitor your recovery between workouts. And the sample programs allow you to manipulate the training components to design a long-term training plan across eight endurance sports: walking, running, cycling, swimming, triathlon, rowing, cross-country skiing, and team sports. When you're ready to take training and performance to the next level, turn to Heart Rate Training and achieve your personal best.

## Book Information

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## Customer Reviews

"Roy Benson has more specific coaching experience for every age and competitive level than anyone I know. Combining that practical knowledge with the scientific expertise of Declan Connolly, this book is an unparalleled guide to maximizing your training using a heart rate monitor,

providing both the how and why for each element, and putting it all together in an accessible, easy-to-apply package. — Jonathan Beverly -- Editor in Chief, Running Times "Heart Rate Training offers unparalleled exercises and advice for athletes of every sport, every level, and every age." Alex Krebs -- Eastern Development and Competitions Manager, U.S. Ski and Snowboard Association — "In Heart Rate Training, Benson and Connolly show you how to interpret and apply your heart rate data into a practical science-based training program that provides results." — Malachy McHugh, PhD -- Director of Research, Nicholas Institute of Sports Medicine and Athletic Trauma

Roy T. Benson, MPE, CFI, is an exercise scientist and distance-running coach. He has run competitively for more than 40 years, and he has coached professionally for 46 years for military, club, university, and high school teams. From 1993 to 2008, his boys' and girls' cross country teams at Marist High School in Atlanta, Georgia, won a total of 16 state championships and his cross country and track runners won 21 individual state titles. Benson is also the owner and president of Running, Ltd., a company that has been operating Nike-sponsored summer camps for both adult and high school runners since 1972. Benson has been a consultant about heart rate training for both Polar and Nike and has written three books for runners on the subject. He also serves as a special contributor to Running Times magazine and has been a contributing editor for Running Journal magazine. His booklet Precision Running, published by Polar Electro, has sold over 200,000 copies and has been translated into seven languages. Sales of Coach Benson's Secret Workouts book have reached more than 7,000. Benson lives on Amelia Island, Florida. Dr. Declan Connolly, FACSM, CSCS, is a professor and exercise physiologist at the University of Vermont where he is also director of the Human Performance Laboratory. He consults to numerous sports organizations including the National Hockey League, the National Football League, U.S. Rowing, and U.S. Skiing and has served as a consultant to the International Olympic Committee on several occasions. In addition to more than 300 publications in scientific journals, his work is widely quoted in the popular media, including stories in the New York Times, Los Angeles Times, London Times, Runner's World, Prevention, Health, and Self. His work appears on more than 24,000 Web sites and has been the subject of news stories on Fox, BBC, CBS, and numerous other TV and radio networks. Connolly is a lifelong exerciser and athlete, boasting several national cycling championships as a school boy in his native Ireland. More recently he has turned his focus to triathlon and Ironman competitions. Connolly lives in Burlington, Vermont.

This book has helped me run faster and recover more quickly from my workouts. I learned a great deal about my older body and what it needs to recover, as well as how slow I really needed to be running on easy days. I also learned that I had been running too fast to achieve the intended effects of my workouts. This is a great book for a masters runner or the beginner.

Lovely book. The book explains very well how to use your heart rate to train for any endurance activity. It explains on a very scientifically technical level, as well as in a plain layman level and also a with some short cuts along the way if you feel the workouts/ programs are way to long. It explains when you should transition and the intermediate transition phase. But the best part about the book besides its lucid explanation and detailing is it very clearly educates you how to make your own training program and not having to follow their own. A customized training plan which fits in your schedule and requirements with some reference from their own works perfect. I would say its works perfect for me and would definitely recommend it at any level of training. CON: The only con to the book is that it all its examples are those of Running or runners. Heart rates, sample workouts. If they could have mixed it up a bit might benefit a lot more people. That's where it loses half a star.

I think I have read every book about training there is, and this is the best as far as using heart rate to base your workouts on. It is a well written book, with straight foward practical advice, but presented with humor. I have been really trying to obey his guidelines the past few months, and have changed my training in ways that I wouldn't have without this book. I still make the mistakes of going too hard on my easy days, and probably too hard on my interval days, but at least I now have a very clear idea of what I am supposed to do and why. This is an easy to read book that explains much of the science behind the main workouts that most runners do, and is valuable knowledge. There is probably a lot of pages that won't be read by everyone, since he details training programs for several sports, but there isn't a lot of filler stuff. The science is described in enough detail that you understand what you have to, but not so much that you fall asleep. Some heart rate training books seem sort of wimpy, but this book doesn't ease up on you, and is actually a good pep talk for going out and running hard. Now I am always thinking of his advise to not neglect the "bone crushers". I think it is a must read for any athlete of any level. I wish this book had been written years ago when heart rate monitors were just coming out.

Prior to this book, the one book on heart rate training that I always referred to was *Heart Monitor*

Training for the Compleat Idiot™ by John L. Parker. It was a brilliant book that used layman's terms to talk about the concepts involved with heart rate monitor training, but it focused mostly on running. Now this book expands on some of the concepts of training zones and glycogen production and storage, and provides sample training programs (including Fartlek) that one can use for their training. I'm primarily a runner, but will often swim or cycle for fun and also like to use the rowing machine on occasion. Some of the programs for running are helpful for me in tweaking some of my zones so that I'm not over-doing it on most days. Kudos to the authors too for not steering readers to one particular brand of heart rate monitor. A decade ago, consumers had very few choices in heart rate monitors (Polar), but today there are quite a few choices out there (Polar, Garmin, Suunto, etc), many of which allow you to program the training sessions in this book directly in to the watch.

I've been a runner off and on for years. But have largely made the same mistake repeatedly -- I get too enthusiastic, train too hard and too fast without a proper base and get injured. Recently, I bought a Garmin Heart Rate Monitor and was very much enjoying using it. But it was more of a passive device, recording what I'd done and not really useful in planning workouts. This book revolutionized by thinking about running and my approach to my heart rate monitor. It not only has detailed training plans for the most common races - 5k thru Marathon. But it walks you through the logic and biochemistry of why it's best to train as outlined. As a result I've changed my training and am trying to follow their plan as outlined, which looks easy on paper, but is surprisingly humbling. Highly, highly recommend this book!

I bought this book as part of a continuing education course for the NATA-BOC and ACE. I always knew the general formula "220-age" had some variability, but no idea how much. I have always been an athlete, but had never thought of actually getting my MaxHR tested! Since reading this book, I have used it on myself and several others and confirmed the limitations of MaxHR formulas. This course was fascinating to me, for its methods of testing MaxHR and use for training for running, walking, biking, swimming, triathlons, rowing, team sports and weight training. My one problem with this book and method of training is it never says where heart rates should be DURING RACES! It clearly outlines training heart rates, but should give some kind of example of what percentages would be expected during the race one is training for. How much higher should it be than the training runs of the same distance? If one is wearing a HR monitor for an entire race, how much should they expect their HR to creep during a race? How does race-day anxiety and adrenaline affect HR? So for me, this book provided some great information, particularly for those getting

started on a serious training program, but created unanswered questions.

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