

# Fit Tip of the Month

*Take care of your body so you can help others*

## **Korvonen Formula (H.R.R. Method):**

This method focuses on the Vo2 max your intensity level at which you workout.

1.  $220 - \text{age} = \text{Estimated Maximum Heart Rate}$
2.  $\text{Estimated Max Heart Rate} - \text{Average Resting Heart Rate} = \text{H.R.R. (Heart Rate Reserve)}$
3.  $\text{H.R.R.} \times \% \text{ of effort you want to work} = \text{Percent of H.R.R.}$
4.  $\% \text{ of H.R.R.} + \text{Resting H.R.} = \text{Target Heart Rate}$

*See a trainer or coach to help you find your Target Heart Rate Zone*

Be Safe and Have Fun



<http://www.irishparade.org/run/>

30th Annual  
St. Patrick's Day Parade Run  
Saturday, March 15, 2008  
9:00 AM  
St. Louis, Missouri

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## Cardiovascular Training

The secret to success for cardiorespiratory programming is Progression Theory. There are three stages of Progression Theory, 1. Initial Conditioning Stage, 2. Improvement Stage and 3. Maintenance Stage. A qualified trainer or coach will be capable of assess which stage you are in.



1. **Initial Conditioning Stage:** This stage is very important for the less fit or inactive individual. First, you can not be aggressive in this stage, individuals must be patient. Second, you must lay down a long term plan/outline. Third, you must always complete a warm-up before exercising and cool-down after exercising. In this stage you should only workout for a total of 12 to 15 minutes and work at a 40%-60% H.R.R. (Heart Rate Reserve). Finally, this stage should last about 4 to 6 weeks for the less fit individual. (American College of Sports Medicine, 2006).
2. **Improvement Stage:** In this stage the intensity should increase. Individuals should workout in the 50% to 85% H.R.R. Frequency, Intensity, Duration and Mode may need alteration to increase progress. Most trainers increase one of these factors every 2 to 3 weeks depending on the clients ability to adapt. Note that adaptations may take longer in older adults (American College of Sports Medicine, 1998).
3. **Maintenance Stage:** This is when you have reached your fitness goals and you are able to maintain and have consistent adherence to the workout/exercises. Cross training and variety are very important in this stage. You must be very creative to help make the exercises fun and keep you motivated to try new things.

The most challenging part of this process is finding out where you are presently and set safe goals for yourself to make progress. A trainer or coach can help you with this. Good Luck with whatever you want to do and have fun.

Sign up for one of my favorite classes I teach “**Cardio Blast**” we meet every Friday at 12:30pm for 30 minute of Cardio Training and then 15 minutes of stretch and programming chat. See Kirkwood YMCA Brochure for more details or contact me any time.