



# Training Plan Session Information Guide 2011



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# JogPods Training Plan Session Information

All JogPod sessions include a 5 minute warm up and 5 minute warm down. This time should allow you to complete some gentle stretching and brisk walking to raise the heart rate prior to commencing running, and as part of the recovery process. Refer to the JogPod stretch manual (on the CD) for an effective stretch routine that can be used as part of your training.

## Heart Rate

There are two ways to work out your training heart rate. The first and most simple method is to calculate:

$$220 - \text{age} = \text{Maximum Heart Rate}$$

So for a 40 year old wanting to train at a target heart rate of 70%, the calculation would be as follows:

$$220 - 40 = 180$$

$$180 \times 0.7 = 126 \text{ beats per minute}$$

The second method is the Karvonen Formula. This requires you to find your resting heart rate, which can be achieved by measuring your pulse first thing when you wake up for a period of 60 seconds - this will give you your resting heart rate.

$$220 - \text{age} - \text{Resting Heart Rate (RHR)} = Z$$

$$Z \times \text{Target Heart Rate \%} = Y$$

$$Y + \text{RHR} = \text{Training HR}$$

So, for example, for a 20 year old with a resting heart rate of 60 beats per minute, wanting to train at a target heart rate of 65%, the calculation would be as follows:

$$220 - 20 - (\text{RHR}, 60\text{bpm}) = 140$$

$$140 \times 0.65 = 91$$

$$91 + 60 = 151\text{bpm Training Heart Rate (65\%)}$$

## Rate of Perceived Exertion (RPE)

The Borg scale is a 15 point scale, from 6–20, used in physical activity to give an indication of the intensity of the session, or to inform how an exerciser is feeling.

### Borg Scale

6 - 20% effort

7 - 30% effort - Very, very light (rest)

8 - 40% effort

9 - 50% effort - Very light - gentle walking

10 - 55% effort

11 - 60% effort - Fairly light

12 - 65% effort

13 - 70% effort - Somewhat hard - steady pace

14 - 75% effort

15 - 80% effort - Hard

16 - 85% effort

17 - 90% effort - Very hard

18 - 95% effort

19 - 100% effort - Very, very hard

20 - Exhaustion

These two methods, heart rate and the rate of perceived exertion, will help you to understand the intensity of the workout, and how it should be feeling for you in each and every training session.

There are 5 different types of training session (steady state, interval, tempo, easy jog, and race pace). The next few pages outline the detail of the session in graph form and description of the RPE and heart rate for the specific training session. This will help indicate to you the variation in the intensity of the training prescription.

## Training Session Types

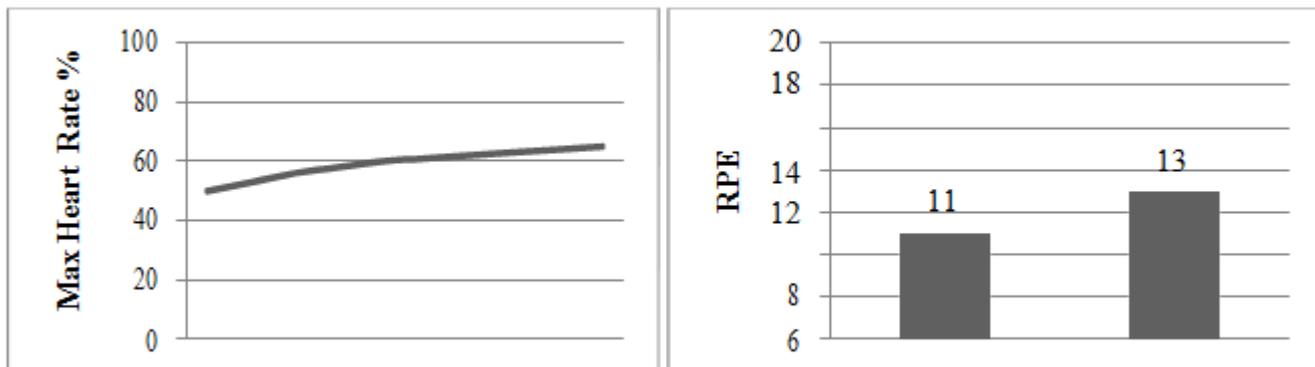
### Steady State:

Steady state training is completed at a steady, comfortable pace. The pace throughout the workout duration should remain constant.

RPE: 11 – 13 (fairly light – somewhat hard)

Heart Rate: 50% – 70% max heart rate

Steady State Training Profile:



### Interval:

Interval training should have two clear variations in speed and intensity of the workout. The aim of the slow/easy part is to reduce the heart rate, slow the breathing back down, and recover sufficiently for the next phase of the fast/hard work.

Easy Phase (active recovery phase)

RPE: 7 – 11 (very, very light – very light)

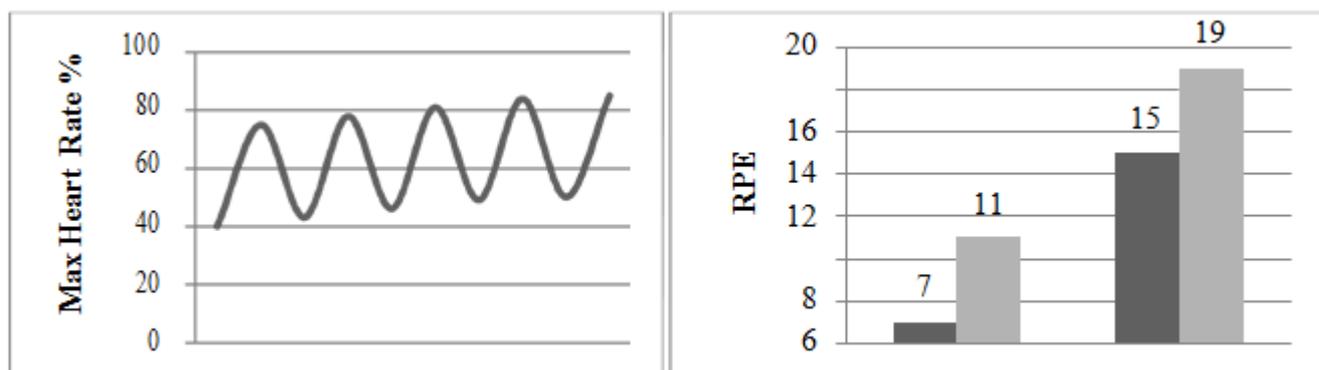
Heart Rate: <50% max heart rate

Hard Phase (working phase)

RPE: 15 – 19 (hard – very, very hard)

Heart Rate: > 75% max heart rate

Interval Training Profile:



**Tempo Run:**

Tempo run is split into three sections of a workout, build up phase, working phase, and work down phase. The build up phase is at a quicker pace than a warm up. The working phase is working at a higher intensity than previous. The final phase, the work down, is completed at a similar pace to the build up phase. Tempo run training will not be at the extremes of interval training, and the variation in pace will be not as significant as the changes in interval training.

**Build up/Work down**

RPE: 10 – 12 (fairly light to somewhat hard)

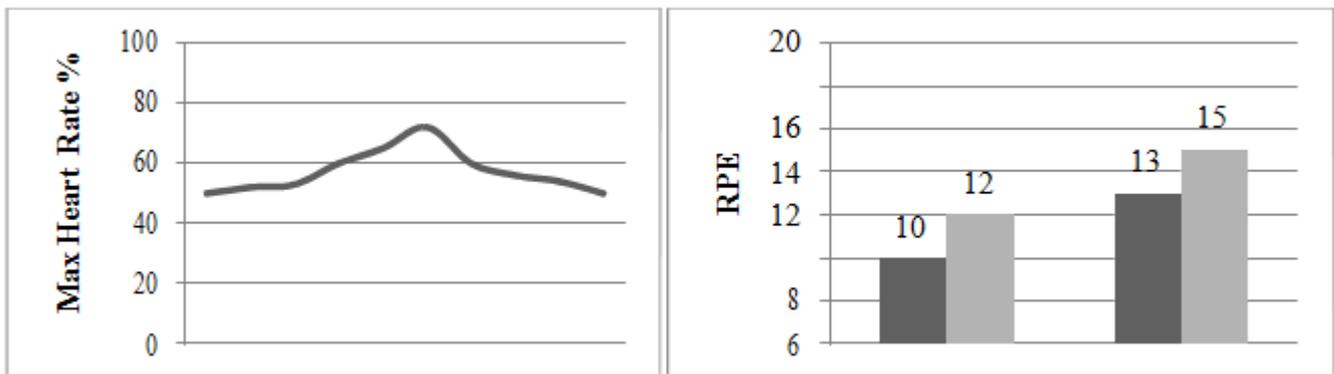
Heart Rate: 50% – 60% max heart rate

**Working phase**

RPE: 13 – 15 (somewhat hard to hard)

Heart Rate: 60% - 75% max heart rate

Tempo Training Profile:



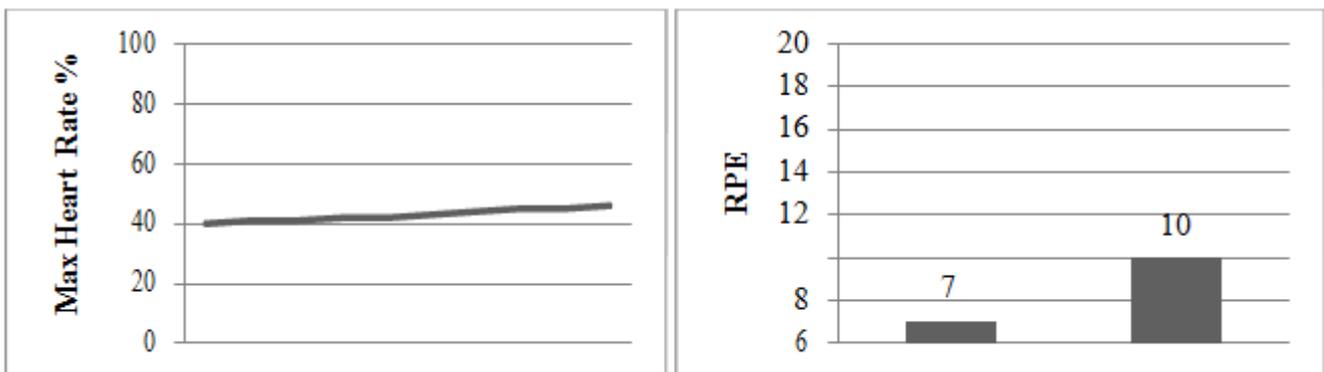
**Easy Jog:**

A comfortable, easy pace, these jogs are aimed at being an active recovery day, which helps loosen up the muscles.

RPE: 7 – 10 (very, very light to fairly light)

Heart Rate: <50% max heart rate

Easy Profile:



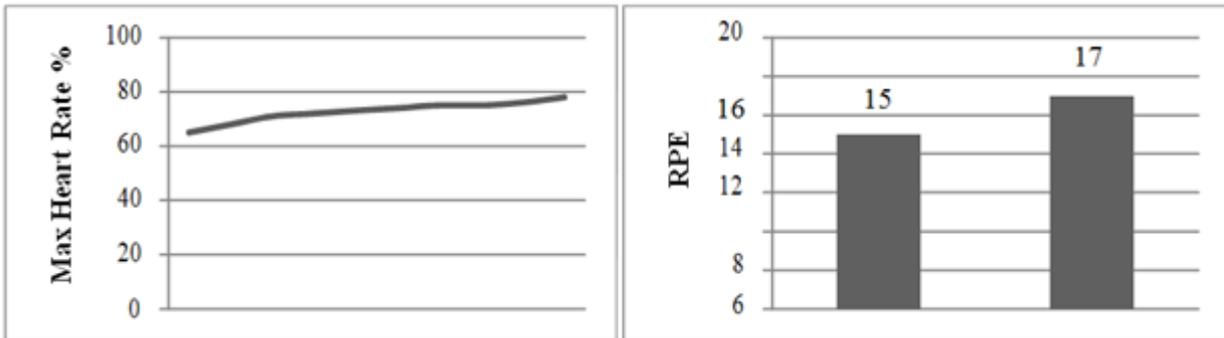
**Race Pace:**

Race pace is designed to prepare for a race, and/or a physically demanding workout. This workout is completed at almost the fastest pace you can complete the full allocated time. This may take some practice but should be a constant, fast pace, throughout the duration.

RPE: 15 – 17 (hard to very hard)

Heart Rate: 60% – 80% max heart rate

Race Pace Profile:



**Rest:**

As it states, this is a rest day, so take it easy, you have the option of completing some stretches if you wish.