Get the Best From Your Heart and the Timex Heart Rate Monitor

Here’s a practical way to learn how to take better care of your heart and your health.

- A simple system to become more fit.
- A simple explanation on how to use your Timex Heart Rate Monitor.
- A simple method to determine your maximum heart rate and zones.
- An understanding of your emotional zones.
- A complete method for your personal success.

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About the Authors:

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Professional Athlete, Author, and motivational speaker. A member of the Triathlon Hall of Fame, Sally has been writing, racing, and motivating people for the past thirty years. She is the co-author of dozens of books on health, fitness, and performance. She is the founder and head heart of Heart Zones, an international fitness and education company whose headquarters are located in Sacramento, California.

Alinda Perrine, O.D., MPH
Fitness Authority, Author, National Presenter and Master Trainer, Alinda Perrine has combined her medical education with a 25-year career in fitness training. An avid cyclist, Alinda rode her bicycle across the United States using Heart Zones training. Dr. Perrine, CEO of Heart Zones Intellectual Property, blends cutting-edge opportunities for organizations, schools and business to embrace Heart Zones services.

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### Maximum Heart Rate

<table>
<thead>
<tr>
<th>Training Zone</th>
<th>% Maximum Heart Rate</th>
<th>Red Line</th>
<th>Z4 Threshold</th>
<th>Z3 Aerobic</th>
<th>Z2 Aerobic</th>
<th>Z1 Healthy Heart</th>
<th>Carbohydrates</th>
<th>Fat</th>
<th>kgFAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Z1 Healthy Heart</td>
<td>50%-60%</td>
<td>144</td>
<td>149</td>
<td>153</td>
<td>158</td>
<td>162</td>
<td>167</td>
<td>111</td>
<td>176</td>
</tr>
<tr>
<td>Z2 Aerobic</td>
<td>60%-70%</td>
<td>112</td>
<td>116</td>
<td>119</td>
<td>123</td>
<td>126</td>
<td>130</td>
<td>133</td>
<td>137</td>
</tr>
<tr>
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<td>70%-80%</td>
<td>126</td>
<td>132</td>
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<td>144</td>
<td>148</td>
<td>152</td>
<td>156</td>
</tr>
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<td>167</td>
<td>111</td>
<td>176</td>
</tr>
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<td>90%-100%</td>
<td>144</td>
<td>149</td>
<td>153</td>
<td>158</td>
<td>162</td>
<td>167</td>
<td>111</td>
<td>176</td>
</tr>
</tbody>
</table>

### 5 Steps to Better Fitness and Performance
1. Identify your Heart Rate Zone: Use the table above to identify your heart rate zones based on your age and fitness level.
2. Note Your Maximum Heart Rate: Find your maximum heart rate after V02max using the formula below.
3. Calculate Your Training Zones: This table shows your optimal training zones for different fitness levels.
4. Use the Zone: The lower heart rate number in this box is the floor of your training zone and the upper number is the ceiling.
5. Stay in Zone: During each workout, maintain your heart rate between your zone floor and ceiling and gradually increase your zone max rate.

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Heart Zones™ Tools for Success:
The Timex® Heart Rate Monitor

Alinda Perrine, O.D., MPH
&
Sally Edwards, MA, MBA
Welcome to The Timex® Heart Rate Monitor Guide, the first book in the Heart Zones™ Tools for Success series.

There is an old saying: If you have your health, you have everything. We at Heart Zones would like to make one change: if you have a healthy heart, a happier life will follow. This book may help you lose weight, get faster, go farther or even help you become more attractive and sexier. But most importantly, this book promises that by using the tools offered inside, you can achieve optimal physical, emotional, and metabolic health, thus becoming healthier and happier.

As the folks at Timex say: “Life is Ticking.”

What are the Tools for Success?

Tools for Success is the first book of the series and it has two key components:

1. **Timex Heart Rate Monitor**. With this wonderful piece of technology, you can look inside your body and see your heart in action! “beats per minute” is displayed on the watch of your monitor, second by second, so that you know exactly how your heart is responding to an ever-changing environment. Whether you are inside working at a desk, or outside working out in the sun, wind, or rain, your heart rate monitor can guide you to improved health and happiness.

2. **Heart Zones Training System**: Heart Zones, a fitness training and education company, offers you a cutting-edge training system whose key component is your heart rate. We designed the Heart Zones Program to increase the strength and endurance of your heart, the most important muscle in your body.
How Will Tools for Success Benefit Me?

If you are just starting on the road to fitness or returning to it after a break, you can expect to:

- Have more energy and feel stronger.
- Accomplish more in your day with less stress.
- Follow a program tailored to your heart and your level of fitness, not someone else’s.

If you are fit but would like to improve, you can expect to:

- Enjoy working out more.
- Burn fat more efficiently.
- Train smarter.

If you are already a serious athlete, Tools for Success shows you:

- The way to train less and get more benefit from it. If you race, for example, our biofeedback and training program will help you increase your speed.
- How to monitor your effort and workload, creating a precision training program.

How is the Heart Zones Program Different from Other Fitness Programs?

Most fitness programs focus on factors such as the distance you cover or the length of time you work out. The Heart Zones program focuses on the intensity level of your exercise, measured in heart beats per minute. “Zones” refer to five different levels of graduated intensity.

The Timex Heart Rate Monitor allows you to measure how hard you are exercising. You can then take that data and develop a customized training program using the Heart Zones system. With these two unbeatable tools, we guarantee you will cross new thresholds of personal fitness.

It happens every time.

Dr. Alinda Perrine
Dr. Alinda Perrine, CEO of Heart Zones Intellectual Property, LLC

Sally Edwards
Sally Edwards, the Head Heart of Heart Zones™

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How Your Heart Rate Monitor Works

There are two basic parts to a Heart Rate Monitor: the sensor and the receiver. The sensor detects and records the electrical activity of your heart via pads or electrodes located on the back of the sensor (the elastic chest strap keeps the sensor in contact with your skin). Your heart rate data is then broadcast from the sensor to the receiver or “heart watch” that displays the beats per minute (bpm).

If your tool is digital, you do not need to worry about interference from high voltage power lines, televisions, workout equipment, mobile phones, or other sources of electromagnetic energy.

To turn on the monitor, push a button (see your User’s Guide for complete instructions) on the receiver until you see a heart-shaped icon on the display. When the icon starts to flash, the monitor is “on” and receiving data from the sensor.

Do you have a number on the watch display? Good, because now you are ready to open the lines of communication with your heart.

Digital heart rate monitor receivers lock-in on a unique signal. They do not “cross talk” or pick up signals from other monitor users. However, if two individuals start their digital monitors at the same instant, it is possible that they will lock-in on only one signal, not two distinct signals. To prevent this situation, start your monitors a few seconds apart and stand at least six feet away from each other when you start your monitors.

Chapter 1. Introducing the Heart Rate Monitor

We are pleased to introduce the Timex Heart Rate Monitor: your new best friend, personal coach, and workout partner. This amazing tool opens a window that allows you to see how the most important muscle in your body — your heart — responds throughout the day. Your heart rate provides an objective gauge of physical exertion and emotional stress, one that’s usually more exact than your own perceptions. With this critical information in hand, you can begin to improve your overall health.

This chapter covers how to assemble, put on, and use your Heart Rate Monitor. You’ll also find some simple exercises to get you comfortable with using your monitor.

Congratulations on investing in one of the coolest new pieces of fitness and health technology available today — the Timex Heart Rate Monitor. You have just purchased the best heart rate technology available today. This wearable tool will transform your workouts and your total health. So get ready; you are crossing over the threshold of a brand new way to connect your mind and body.

Did You Get Everything?

Inside your Heart Rate Monitor box, you should find:
• Receiver or “heart watch”
• Sensor (transmitter)
• Elastic chest strap
• User’s guide
• Book: Heart Zones Tools for Success: The Timex Heart Rate Monitor

If your tool is digital, you do not need to worry about interference from high voltage power lines, televisions, workout equipment, mobile phones, or other sources of electromagnetic energy.

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Watch Your Heart in Real Time

Ok, your sensor is strapped on and you are getting your first look at your amazing heart in action. The flashing heart icon on the face of your watch is your heart beating in real time. Stare at it for a minute. Ideally, you are seeing a steady, rhythmical pattern, the sign of a healthy heart.

The heart rate number changes every few seconds as the frequency of your heartbeats change. This is known as “updating” and your Heart Rate Monitor updates every two seconds. Ignore the first few numbers that you see because the software inside the receiver needs to sample enough data to be accurate. In other words, give it a little time to be precise.

Experiment and Have Fun with Your Monitor

On page 10 are some simple activities that allow you to observe how your heart responds on three different levels: emotional, metabolic, and physical. Try them out as your first activity and record your results!

Tip from the Heart: If you notice erratic numbers, tighten your elastic chest strap, which will improve the contact between the sensor pads and your skin. If you see no numbers or the heart icon is not flashing, moisten the sensor pads.

What Do the Numbers Mean?

Your Heart Rate Monitor displays the number of beats—or the number of times that your heart contracts—per minute. If you did the exercises listed in Table 1 (see pg. 10), you saw your heart rate fluctuate based on factors such as:

- Your body position (standing, sitting, or lying down, for example)
- The type of activity that you are doing (walking, running, playing a game)
- The duration or length of time that you are moving
- The level of intensity at which you are exercising
- Your current level of energy or fatigue
- How fit you are

Your Heart Rate Monitor reflects your total stress. Hence, a high number on your monitor indicates a higher intensity level of your exercise, or a higher level of emotional stress or increased metabolic activity. Likewise, a lower number indicates a lower level of physical or emotional stress.

Tip From the Heart:
Your heart is unique and responds to your individual physiology. So it’s important to understand there is no right number for an activity, but rather a range of numbers that is normal for you and only you. So it doesn’t make sense to compare your heart rate responses to another person’s results, or to think that there are “good” or “bad” heart rates. Your numbers, your heart rates depend on you.
Why Should I Use a Heart Rate Monitor?

Of all the personal health equipment you own, the Heart Rate Monitor may be your most valuable one because only the monitor can measure the intensity level of your exercise. Your heart rate is the only number that is essential. Why? That is because your heart rate provides a true index of your current fitness level and a solid way to measure fitness improvement.

You can use your Heart Rate Monitor to:

- **Assess fitness**: Measure your improvement as you get in shape and stay there.
- **Monitor stress**: Keep tabs on what causes your heart rate to rise during the day.
- **Motivate yourself**: Maintain the physical and emotional zones that are best for you.
- **Manage your energy**: Burn more fat as the primary fuel of your workout.
- **Organize workouts**: Lead yourself through a variety of workouts such as “steady state,” “intervals,” and “hills.”

For example, if you are working out too hard, the monitor can act as a brake and keep you in the right zone. Or if you are facing a stressful situation at work, it can remind you to take a few deep breaths and relax. On the other hand, you can count on your monitor to tell you if you are taking it too easy during an exercise session and need to increase the pace.

In Chapter Two, you’ll learn more about your heart rate and how to use it to improve your fitness.

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**TABLE 1**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Type</th>
<th>Description</th>
<th>Beats per Minute (bpm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Standing</td>
<td>Physical</td>
<td>Stand in place for two minutes and record your “standing” or ambient heart rate.</td>
<td>_____bpm</td>
</tr>
<tr>
<td>2. Sitting</td>
<td>Physical</td>
<td>Lie down quietly for two minutes and record your “sitting” or ambient heart rate.</td>
<td>_____bpm</td>
</tr>
<tr>
<td>3. Lying down</td>
<td>Physical</td>
<td>Lie down quietly and record your “prone” heart rate.</td>
<td>_____bpm</td>
</tr>
<tr>
<td>4. Taking a walk</td>
<td>Physical</td>
<td>Take a five-minute walk and at the end of the walk, record your heart rate.</td>
<td>_____bpm</td>
</tr>
<tr>
<td>5. Laughing</td>
<td>Emotional</td>
<td>Read the cartoon section of your paper or a book that makes you laugh.</td>
<td>_____bpm</td>
</tr>
<tr>
<td>6. Talking to a friend</td>
<td>Emotional</td>
<td>Call a friend that you dearly love on the phone and share with him or her how much you care.</td>
<td>_____bpm</td>
</tr>
<tr>
<td>7. Eating comfort food</td>
<td>Emotional</td>
<td>Eat “comfort food” (often foods you ate in childhood) and record your heart rate five minutes after ingestion.</td>
<td>_____bpm</td>
</tr>
<tr>
<td>8. Raising your body temperature</td>
<td>Metabolic</td>
<td>Put on a heavy jacket and pants and wait for five minutes as your body responds to an increase in your internal temperature.</td>
<td>_____bpm</td>
</tr>
<tr>
<td>9. Eating a large meal</td>
<td>Metabolic</td>
<td>Measure your heart rate just before you are hungry and again after you have eaten a large meal.</td>
<td>_____bpm</td>
</tr>
<tr>
<td>10. Drinking or eating a food or beverage containing caffeine</td>
<td>Metabolic</td>
<td>Drink any caffeinated beverage such as coffee or eat a food with caffeine such as chocolate. Measure the increase in heart rate, minute by minute, for 10 minutes.</td>
<td>_____bpm</td>
</tr>
</tbody>
</table>
Chapter 2. Estimating Your Maximum Heart Rate

The best way to know what the numbers on your monitor mean is to put them into context: that is, the range of heart beats per minute that is normal for you. To establish this range, you need to know your maximum heart rate.

In this chapter, you'll learn how to estimate your maximum heart rate—the cornerstone of your personalized Heart Zones™ training program.

Your maximum heart rate is the greatest number of beats per minute that your heart can contract. Everyone’s maximum is different and there is no accurate mathematical formula to calculate it. You can discover your maximum heart rate by taking a few simple tests.

Sub-Max Step and Chair Tests

Ok, ready to go? First, you will take two tests each called “sub-maximum” because they are designed to keep your heart working well below its maximum heart rate. When you are done, you will estimate your maximum heart rate by combining the results of both tests.

Sub-Max Step Test

Make sure to warm up adequately before performing these tests.

1. On any step that is approximately eight inches in height begin a four-count sequence of stepping up and down as follows: right foot up, left up, right down, left down.
2. Perform thirty (30) step sequences per minute in the sequence “up, up, down, down” for a period of three minutes, totaling 90 steps.
3. Watch your monitor as your heart rate increases. Write down your heart rate at the end of the 3-minute period. This is called your “final heart rate.”
4. Add your fitness factor to the “final heart rate” number to arrive at your estimated maximum heart rate.

Sub-Max Chair Test

Again, please warm up adequately before performing the test.

1. Sit down on the seat of the chair and then stand up again. Perform this exercise set in a rhythmic fashion, thirty times in one minute. You can move to the cadence of “one second stand up” and “one second down sit down.” Keep your arms relaxed and at your sides.
2. Watch your heart rate monitor as your heart rate increases and note your final heart rate number.
3. Add your fitness factor (see chart below) to arrive at your final heart rate number.

Fitness Level Now       Poor         Average          Excellent         Fit
Fitness Factor +35 +45 +55 +65

For example, if your final heart rate is 140 bpm and you are in average shape, your estimated maximum heart rate is 185 bpm (45+140=185 bpm).

Chair Test Fitness Factor

Fitness Level Now       Poor         Average          Excellent         Fit
Fitness Factor +50 +60 +70 +80

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Chapter 3. Introducing Heart Zones

The Heart Zones training system is different from other exercise systems because it focuses on the intensity of your exercise — not the distance you cover or the length of time you work out. What matters the most if you want to recuperate from an illness, get fit, or run a marathon? You need to control your exercise intensity. How do you know the intensity level? By using your Timex Heart Rate Monitor.

Do you know a runner who trains steadily but never seems to get faster? Do you know someone who faithfully walks a couple of miles per day, but doesn’t really seem to improve? These problems would be easy to solve within the Heart Zones training system. For example, the runner may always run at the same level of intensity or zone and may simply need to vary the pace of his or her runs to get faster. The walker may need to walk a little faster and harder for part of the two miles, to gain endurance and strength.

The Heart Zones training system comprises a framework of five progressively challenging heart rate “zones.” The program’s cornerstone is that all important number you discovered in Chapter Two — your maximum heart rate. Remember, your heart zones are personal: they reflect your genetic heritage and your current level of fitness.

Now that you have your maximum heart rate number, let’s look at how to use this information.

Calculating Your Maximum Heart Rate from Test Results

Now that you have the results of two different sub-maximum tests, average the numbers together as an estimate of your true maximum heart rate as shown below:

Chair-test estimate + Step-test estimate ÷ 2 = Your estimated maximum heart rate

Tip From the Heart: Did you know your maximum heart rate is:
1. The highest number of contractions per minute that your heart can beat.
2. A relatively fixed number, unless you become unfit.
3. Activity specific.
5. Can be over 200 bpm for children.
6. Can be affected by drugs and altitude.
7. Does not decline with age.
8. Cannot be determined by a mathematical formula.
9. Provides the number to use as the cornerstone for your “heart zones.”

Now that you that have your maximum heart rate number, let’s look at how to use this information.
Look at Chart 1 again. Each zone reflects ten percent of your maximum heart rate. For example, if your maximum heart beats per minute is 200 then your range of beats per zone is 20. In this example, Zone One is the lowest range: 100 to 120 bpm. Zone Two is 120 to 140 bpm, and so on. The floor of Zone One is 100 bpm. The ceiling of Zone One is 120 bpm.

Note that the lower the maximum heart rate, the fewer the number of beats per zone. Conversely, the higher the maximum heart rate, the more beats per zone. More beats per zone does not make you a better or worse athlete. Athletic performance is not based on your maximum heart rate or the number of beats in your zone.

Zone Quiz
Can you answer the questions below based on the Heart Zones maximum heart rate chart?
1. If your maximum heart rate is 200 bpm, what is the floor of Zone Two?
2. If your maximum heart rate is 165 bpm, what is the middle of Zone Four?
3. If your maximum heart rate is 185 bpm, what number is eighty percent of your maximum?

Answers: 1. 120 bpm    2. 140 bpm    3. 148 bpm

Calculating Your Five Heart Zones
To calculate your five heart zones, look at Chart 1 below and circle the number on the top line that corresponds most closely with your maximum heart rate. The numbers in the column below your maximum heart rate are your five training zones.

CHART 1

This chart is enlarged and shown in color on the inside back cover.
What Are The Five Different Zones?

The heart zones reflect five levels of intensity. Each of these levels or zones is based on human physiology. As you move up through the zones, metabolic and physiological events change. For example, your body’s energy source changes and the amount of carbohydrates and fat vary.

In the Heart Zones training system, each zone is 10 percent (10%) of your maximum heart rate. Each zone has a name and a color. See the color chart on the back cover pullout. The name refers to the benefit gained by spending exercise time within that zone. The color shows how hot or cool the zone is. The low zones are blue and green because they are lighter or cooler intensities. The top two zones are orange and red because they are progressively higher and hotter.

Zone One is the lowest percentage of your maximum heart rate. In this zone, the body’s metabolism starts to wake up. Zone 1 benefits include a lower blood pressure and lower cholesterol. Few calories are burned, but Zone 1 is a great starting place.

Zone Two is the Temperate Zone. It is a comfortable, cruise zone. You can talk in Zone 2. More calories are burned than in Zone 1 and your fat is starting to move out of the cell.

Zone Three is a sweat zone: the Aerobic Zone. At 70% to 80% of your maximum heart rate, exercising in Zone Three results in improved functional capacity of blood vessels and aerobic capacity. For fitness lovers, Zone Three is a happy zone because endorphins are released and more calories are burned.

Zone Four is the Threshold Zone, indicating a tougher place to workout. Working in this zone a couple of days per week will help improve your fitness level and get faster. Too much work in Zone Four can cause overtraining. Lots of calories burned and you must eat to replace carbohydrates.

Zone Five is the highest percentage of maximum heart beats. It is a high, hot, hard zone with the highest number of calories burned. As you get very fit, Zone Five will help improve your performance, but you should not stay there or over-training may result.

Spending time in different zones gives you different benefits. For example, Zone Four workouts make you stronger, but too many Zone Four workouts without rest may lead to overtraining. Zone Two workouts are great for recovery or endurance building, but staying in Zone Two for too many workouts may keep you from increasing your personal fat-burning range.

Basic Heart Zones Training Workout

It is important to organize your workouts to get the most benefit in the least amount of time. Here’s an example of a workout that is planned using the Heart Zones training system.
The Heart Zones Points System

The Heart Zones Points system developed by Sally Edwards is a way to keep track of your exercise based on your fitness goals. For example, do you want to maintain your current weight? Then you need to work out to the tune of 700-1,000 points per week. Are you just starting an exercise program? You’re looking at 300-500 points per week. Getting ready for a Triathlon? 1,500 to 2,500 or even more points per week. In this chapter, you are going to learn how to exercise just the right amount by measuring your “training load.”

For years, athletes have asked: “How fast did I run? How hard did I cycle? How much training is enough or too much?” What they are really asking is how to estimate their training load. Training load is the sum of three parts: duration of each workout, exercise intensity, and the number of exercise sessions.

Calculate Your Training Load

Training load can be calculated easily as follows:

\[
\text{Training Load} = \text{Frequency (number of workouts)} \times \text{Intensity (Zone Number)} \times \text{Time (minutes)}
\]

This equation is known as the “FIT equation” where F is frequency, I is intensity, and T is exercise time. The result of this equation is a number, the number of Heart Zones training points.

For example, if you run for twenty minutes at Zone Three intensity, you have earned sixty points (20 minutes x 3). If you are aiming for 300 points per week, assuming five workouts per week, you’ve done it! That is 5 workouts x Zone 3 x 20 minutes = 300 Heart Zones training points.

Your first Heart Zones workout with your Timex Heart Rate Monitor.

- **Workout:** 30 minute run/walk
- **Warm up:** 3 minutes from bottom of Zone 1 or 50% of your maximum heart rate to the midpoint of Zone 2 or 65% of your maximum heart rate
- **Skill:** 3 minutes midpoint of Zone 2 to the floor of Zone 3
- **Main Set:** 21 minutes
  - 7 minutes midpoint of Zone 3
  - 7 minutes ceiling of Zone 3
  - 7 minutes midpoint of Zone 3
- **Cool Down:** 3 minutes midpoint Zone 2 to floor of Zone 1
What is the optimal training load or number of Heart Zones training points for you? The answer is "it depends"—it depends on your physiology, your goals, and your current fitness level.

Look at the chart below to help determine how many weekly training points you need. For a more extensive list, refer to The Heart Rate Monitor GUIDEBOOK by Sally Edwards.

<table>
<thead>
<tr>
<th>Training Goal Below:</th>
<th>Recommended Heart Zone Points (per week)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Begin an exercise program</td>
<td>300-500 points</td>
</tr>
<tr>
<td>Maintain current weight</td>
<td>700-1,000 points</td>
</tr>
<tr>
<td>Finish a 10K race</td>
<td>800-1,000 points</td>
</tr>
<tr>
<td>Ride your bike 100 miles in one day</td>
<td>1,200-1,400 points</td>
</tr>
<tr>
<td>Complete a marathon (26.2 miles)</td>
<td>1,500-1,800 points</td>
</tr>
<tr>
<td>Complete an Ironman-type triathlon (Swim 2 miles, bike 112, run 26.4 miles)</td>
<td>1,500-2,700 points</td>
</tr>
</tbody>
</table>

Here’s an example. A friend recently wanted to do her first sprint triathlon. She wrote a training plan and determined her weekly Heart Zones training points. She knew that if she slowly and progressively increased her points starting at 500 for the first week and finishing the last week of her training at 1,200, she could finish. And, she did just that.

At first, your ability to work within zones will depend on your fitness level, so go slowly to prevent overtraining and injury. And remember: use these numbers (points per week) as your guide. Adjust your training plan if necessary. You may need to add more or you may need to decrease the number of Heart Zones training points. Be flexible and patient with yourself because what is important is that you are training with a plan and using a Timex Heart Rate Monitor — your new training partner.

Training Load Rules

The following rules should provide a little thrust to your training program.

- **Make Exercise a Habit**: Make daily exercise a regular habit and add up your points! If your points fall below 300, add another work out to your week or increase your movement time for each workout.
- **Ten Percent Limit**: Increase your training load by no more than ten percent per week.
- **Rate Not Pace**: At first, it’s more important to know your heart rate than your speed or pace.
- **Keep a Training Log**: Keep track of your training time, number of workouts per week, and zones. Calculate your training load weekly by using a training log.
- **Percentages Not Rate**: It’s easier to train using a percentage (the relative number) than the absolute (the whole number). For example, training at eighty percent is easier to understand than training at 148 bpm.

Remember rules are your guides, not the law.

Logging is Important for Your Success

One of the most important keys to success is keeping a log of your workouts. Chart your progress. Measure your success. Most of us need proof of success to motivate us to keep going. Take John, a recreational athlete, for example. He set a goal of 1,000 Heart Zones training points per week in order to run his first
Look at the previous print-out from the Data Recorder. The graph is called a “heart rate profile.” It provides you with an “at-a-glance” review of your heart rates during the session.

If you want to get the most out of your heart rate monitor, then use it to manage your training. It is much more than a speedometer that measures how fast your heart is beating; rather, it is a management tool. We know that we can best manage what we can monitor and measure. And, now, with your Timex heart rate monitor, you have that power. Use it for every workout and listen to your heart.

10K race. Each week he faithfully kept his log to ensure that he accomplished his weekly goal. John believes that without his log, he would not have crossed the finish line two minutes faster than planned.

There are two types of training logs: paper or electronic. Heart Zones designed the HRM logbook for those who log manually. Check it out at www.heartzones.com! You can also download a sample from www.timex.com/fitness. Or you can use the Timex’s digital Data Recorder. The Data Recorder collects your heart rate numbers, which you can then download to your personal computer. It also provides a method for keeping track of your time in each zone, so that you can determine your training points. If you use the Timex Bodylink® System which includes the Speed + Distance feature, the Data Recorder keeps a record of your speed, pace, heart rate, elapsed time, and distance traveled.

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Chapter 5. Putting It All Together: The Heart Zones Training Program

Whatever your age, level of fitness, or gender, it takes a lot of heart, inspiration and confidence, to achieve your best health and happiest times. We have talked about physical fitness, but there are two other vital components to the program: metabolic and emotional fitness. Your heart and your Timex heart rate monitor are the link to all three.

**Emotional Fitness Training**

Nourishing a sound mind and sound body is a daily activity and a responsibility.

Today, more than ever, scientists show us how the effects of stress can make fat and can lead to disease and illness. Psychologists tell us that negative emotions such as anger and fear can lead to metabolic disorders, and, in some cases, are linked to heart diseases.

Just as there are five different physical heart zones, there are five emotional heart zones. As you review the Heart Zones Emotional Chart 2 that follows, you notice there are five different emotional zones. In each zone, the body creates a different hormonal, neurological, and biochemical response.

For more information visit www.heartzones.com.
Take Care

Your heart is an incredible muscle that never stops working, pumping oxygen and nutrients to every single cell in your mind and body every second of your life.

We urge you to take good care of your heart. In return, it will take good care of you. The best way we know to care for your heart is to use your Tools for Success, the Heart Zones training program and your Timex Heart Rate Monitor. Use them together for a healthier heart and happier life.

Life is ticking.™

Heart Zones Training Pledge

We’d like to offer you one last tool that may help you “go the distance” in your quest for optimal health. The Heart Zones Training Pledge is about you, your willingness to get in touch with your heart and your willingness to use your heart rate monitor as a fitness tool. Read the pledge, sign it, post it, look at it daily, and then reread it as often as you need in order to make the positive changes you desire.

☐ I desire an improvement in my life.
☐ I will wear my heart rate monitor for every workout.
☐ I will measure my estimated maximum heart rate to set my heart zones.
☐ I will wear my heart rate monitor all day for three days and record ten measurements throughout the day.
☐ I will do four Heart Zone workouts and determine my Heart Zones training points.
☐ I will log my Heart Zones training workouts for two weeks.
☐ I will follow the training load rules (see Chapter Four).
☐ I will wear my heart rate monitor and laugh and play for fifteen minutes with a friend, a child, a pet.
☐ I Will keep myself in Emotional Zones One to Three
☐ I will seek more Heart Zones knowledge by logging on to www.HeartZones.com and learning more.

I commit to my success by signing this Pledge.

Name __________________________ Date ____________

I desire an improvement in my life.
I will wear my heart rate monitor for every workout.
I will measure my estimated maximum heart rate to set my heart zones.
I will wear my heart rate monitor all day for three days and record ten measurements throughout the day.
I will do four Heart Zone workouts and determine my Heart Zones training points.
I will log my Heart Zones training workouts for two weeks.
I will follow the training load rules (see Chapter Four).
I will wear my heart rate monitor and laugh and play for fifteen minutes with a friend, a child, a pet.
I Will keep myself in Emotional Zones One to Three
I will seek more Heart Zones knowledge by logging on to www.HeartZones.com and learning more.

I commit to my success by signing this Pledge.
As with any program designed to improve your health, one should comply with current medical opinion. The American College of Sports Medicine and the American Heart Association advise that before beginning an exercise program a person should undergo a screening process to help minimize the risk of unfavorable side effects of exercise. At a minimum, any positive response to the questions in the Physical Activity Readiness Questionnaire (PAR-Q) below indicates you should consult your physician before proceeding with any exercise program.

Carl Foster, Ph.D. Author, Researcher, Faculty, University of Wisconsin-LaCrosse, and Heart Zones Faculty Member.

1. Has your doctor ever said that you have a heart condition and recommended only medically supervised activity?
2. Do you have chest pain brought on by physical activity?
3. Have you developed chest pain in the past month?
4. Have you on one or more occasions lost consciousness or fallen over as a result of dizziness?
5. Do you have a bone or joint problem that could be aggravated by the proposed physical activity?
6. Has a doctor ever recommended medication for your blood pressure or a heart condition?
7. Are you aware, through your own experience or because of a doctor’s advice, of any other physical reason that would prohibit you from exercising without medical supervision?


Disclaimer*
Heart Zones™

Heart Zones Training is the best training system available for any person who wants to become physically, metabolically, and emotionally fit. Heart Zones is a training and education company that develops programs for people using fitness technology to help manage their health, fitness, and sports success.

Heart Zones Products and Services:

- More than a dozen books on using a heart rate monitor
- 100+ seminars, workshops, in-service training, certifications, conferences per year
- Programs and partnerships with health clubs, schools, and health organizations
- Training software
- Dozens of educational products such as charts, videos, and program kits.
- Ten advanced certifications and over a 1,000 certified trainers in the USA
- International programs
- Website – www.HeartZones.com
- Free E-newsletter
- Personal Coaching
- And of course, Timex® Heart Rate Monitors