

## Workout Intensity: How hard do you REALLY need to workout?

### Technical Tuesday #11

To keep things simple we are going to define three components of exercise:

#### 1) Duration

- a. Measured in minutes and hours

#### 2) Intensity

- a. Measured in Heart Rate or RPE (Rate of Perceived Exertion)
- b. Heart Rate (monitor on phone or device such as an exercise watch) RPE is on a scale of 1 to 10 (1 = super easy, 10 = super hard)

#### 3) Caloric Expenditure

- a. [Basal Metabolic Rate](#) (calories the body burns every 24 hours based on body size) + Calories burned per workout (there's 10 million apps for that!)
- b.

What factors effect the amount of calories you're actually burning during a workout?

#### Heart Rate Training Zone:

Recovery zone: RPE of 1 to 3 - This is the range you want to utilize when the goal is to allow the body time to rest and repair from previously difficult training bouts. This range is useful for both aerobic and anaerobic training sessions.

Loading zone: RPE of 7 to 10 - this is the range that will help you light it up and maximize effort for a high volume / high output training session. This range is also useful for aerobic and anaerobic training sessions.

De-loading zone: RPE of 4 to 7 - this range is obviously between Loading and recovery. It is still designed to illicit a volume training effect (or to be a tough workout) but is designed to allow the body systems time to ramp up intensity without being pushed to a max.

#### Resting Heart Rate:

This is the fitness reality that sucks. To put it into technical terms. A normal resting heart rate is between 60 and 100 beats per minute AND the better shape you get into the lower your heart rate is and the greater intensity you must have during a workout to raise that heart rate.

#### Body Weight:

People with greater body weight burn more calories as they workout. Simple physics, which again has a hidden detriment if you have the goal of reducing body weight as part of your fitness program. Its easy at first, but as you get into a better BMI (height to weight ratio) you have to work harder to continue lowering your body mass. Another case of 'suck's don't it?'

#### Type of Exercise:

Its critical to factor in the given intensity and nature of the exercise when determining the duration of the exercise as well as frequency.