CONTENTS

| 1 | Why Exercise with a Heart Rate Monitor? | 7 |
|-----|---|----|
| 2 | The Heart and Its Rhythm | 11 |
| 2.1 | The Heart – A Sensitive Organ | 12 |
| 2.2 | Exercise to the Rhythm of Your Heartbeat | 17 |
| 2.3 | Resting Heart Rate | |
| 2.4 | Maximal Heart Rate and Heart Rate Reserve | 22 |
| 2.5 | Recovery Heart Rate | 25 |
| 2.6 | Heart Rate Variability | 27 |
| 2.7 | Special Influences on the Heart Rate and Heart Rate Variability | 31 |
| 3 | The Heart Rate Monitor | 33 |
| 3.1 | The History of the Heart Rate Monitor | 34 |
| 3.2 | Functions of the Modern Heart Rate Monitor | 36 |
| 3.3 | Tips for Purchasing a Heart Rate Monitor | 39 |
| 3.4 | First Encounter with a Heart Rate Monitor | 41 |
| 3.5 | Determining Individual Heart Rate Target Zones | 43 |
| 3.6 | Determining Endurance Ability and Fitness | 48 |
| 3.7 | Monitoring Relaxation and Mental Stress | 54 |
| 3.8 | Care and Maintenance of the Heart Rate Monitor | 59 |
| 4 | Training with the Heart Rate Monitor | 61 |
| 4.1 | The Optimal Work:Rest Ratio | |
| 4.2 | Exercise Zones for Fitness and Endurance Training | 64 |
| 4.3 | Training by Heart Rate Formulae | 71 |
| 4.4 | Training by the Endurance Method | 72 |
| 4.5 | Heart Rate Monitored Interval Training | 74 |
| 4.6 | Training by the Repetition and Tempo Methods | |
| 4.7 | Heart Rate Measurement during Competition | |
| 4.8 | The Keeps U Fit™ Own Training Program | 79 |
| 5 | Designing a Workout for Different Sports | |
| 5.1 | Designing a Workout: Warm-up and Cool-down | 86 |
| 5.2 | Walking and Nordic Walking - The Ideal Lifetime Sports | 89 |
| 5.3 | Running – A Sport with a High Energy Demand | |
| 5.4 | Cycling – A Suitable Sport for Fat Metabolism Training | 96 |



| 5.5 | Swimming - A Good Compensation Sport | 101 |
|-----|---|-----|
| 5.6 | Cross-country Skiing - A Varied Form of Total Body Training | 103 |
| 5.7 | Inline Skating – A Demanding Sport | 108 |
| 6 | Training for Different Target Groups | 111 |
| 6.1 | The Untrained, Healthy Beginner | 112 |
| 6.2 | The Ambitious Fitness Athlete | |
| 6.3 | The Competitive Athlete | 117 |
| 6.4 | The Overweight | 120 |
| 6.5 | Training with Reduced Cardiovascular Function | 128 |
| 7 | Frequently Asked Questions (FAQ) | 141 |
| | Keyword Index | |
| | Bibliography | 146 |
| | Photo Credits | |