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## INTRODUCTION

Aerobic fitness relates to the efficiency with which the body can deliver energy and oxygen, and transport the waste products of muscular activity away from the active muscles. The heart, lungs and blood vessels, receive the primary benefits from an aerobic program.

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## TRAINING

There are several schools of thought on how to train for cardio-respiratory fitness. Each program has its own individual merits and it appears that an individual could benefit best by incorporating a combination of the programs into one.

### Long Slow Distance (LSD)

This type of training, as the name suggests, involves performing some activity--biking, swimming, jogging, or aerobics, at a low intensity, for an extended period of time. It is often times used as a recovery workout.

#### Duration

There are no hard and fast rules, but a general guideline would be between 45 and 60 minutes.

#### Frequency

Three times a week is recommended, but daily workouts are acceptable.

#### Intensity

For a training effect to occur, the individual must reach and maintain a heart rate that is 60-90% of predicted maximum heart rate (220-age).

### Interval Training

Interval training involves periods of high intensity work with rest periods interspersed between the exercises.

#### Duration

The amount of time spent in the exercise phase and the rest phase should be approximately the same. The resting phase may be shorter or longer and is dependent on how long it takes the individual to recover to a pre-determined heart rate (usually 120/min.) where exercise can start again.

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Frequency

Because of the high intensity nature of this training it is advisable to limit it to no more than once a week.

Intensity

Because of the high intensity nature of this type of training heart rates should range from 70-95% of maximum predicted heart rate (220-age).