

Back to Life Chiropractic Cardio Club Training Sheet

Date:

Weight:

B.P.:

#1 SCHEDULING (write down on 30 day training sheet and on calendar)

Next month's meeting? _____

Upcoming Events? _____

#2 TYPE OF EXERCISER (circle one) *If not sure use Level of Activity Questionnaire*

Beginner , Moderate , Active , Serious

#3 STYLE OF EXERCISER (circle one)

Walker, Walker/Runner , Runner/Walker , Runner
(comparable physical activity)

#4 INTENSITY OF EXERCISE (circle one)

Light , Light to Moderate , Moderate , Heavy
50-60% 60-70% 70-85% 85-100%

#5 TARGET ZONE (calculate)

A. Maximum Heart Rate: $220 - \frac{\text{your age}}{\text{your age}} = \frac{\text{Maximum Heart Rate}}{\text{Maximum Heart Rate}}$

B. Target Zone: $\frac{\text{MHR}}{\text{MHR}} \times \text{times} \frac{\text{Low range of Intensity above}}{\text{Low range of Intensity above}} = \frac{\text{Low Target Zone}}{\text{Low Target Zone}}$

$\frac{\text{MHR}}{\text{MHR}} \times \text{times} \frac{\text{High range of Intensity above}}{\text{High range of Intensity above}} = \frac{\text{High Target Zone}}{\text{High Target Zone}}$

C. 10 second Target Zone: $\frac{\text{Low Target Zone}}{\text{Low Target Zone}} / 6 = \frac{\text{Low 10 second Target Zone}}{\text{Low 10 second Target Zone}}$
 $\frac{\text{High Target Zone}}{\text{High Target Zone}} / 6 = \frac{\text{High 10 second Target Zone}}{\text{High 10 second Target Zone}}$

#6 TIMES A WEEK (write on sheet and calendar)

A. Frequency (circle # of times a week you will do cardiovascular workout):

1, 2, 3, 4, 5, 6 / 1, 2, 3, 4, 5, 6 / 1, 2, 3, 4, 5, 6 / 1, 2, 3, 4, 5, 6
(week one) (week two) (week three) (week four)

B. When (circle which days and write on calendar):

M Tue W Thur F Sat Sun / M Tue W Thur F Sat Sun / M Tue W Thur F Sat Sun / M Tue W Thur F Sat Sun
(week one) (week two) (week Three) (week four)

C. Where (write on 30 day sheet): _____

D. Equipment needed (write on 30 day sheet): _____

#7 DURATION (write down ranges of time you will walk/run for each day):

0-15 , 15-40 , 20-40 , 30-60 , 60-90 , >90 (write down actual time of cardio exercise on calendar)

#8 GOALS (write down 3 goals for next 30 days and discuss with group):

_____ , _____ , _____

#9 PROBLEMS (write down any problems you are having and discuss with group): e-mail to schulerchiro@bellsouth.net

#10 ACCOMPLISHMENTS (write down any goals meet, races completed, records and discuss):

OPTIONAL

#11 TOPIC OF THE MONTH (write down any notes):

#12 RHINO GROUP MEETING

Back to Life Chiropractic Cardio Club Training Form Instructions

#1 on your 30 day goal sheet is SCHEDULING. Once a month you will meet with your group or take time yourself to fill out a new Rhino training sheet and calendar.

#1 SCHEDULE NEXT MEETING: If you already haven't planned your next meeting write that down for next month. _____

Next schedule any upcoming runs, walks, races, and events that are coming up.

#2 on you Rhino Training sheet is CHOOSE TYPE OF EXERCISER you will be training at for next 30 days. The choices are beginner, moderate, active and serious exerciser. If you are not certain you can use Level of Activity Questionnaire. Read Level of Activity Questionnaire.

#3 choose STYLE OF EXERCISER you will be training at for next 30 days. The choices are: Walker, Walker/Runner, Runner/Walker, or Runner or comparable physical activity.

#4 Choose your INTENSITY OF EXERCISE for the next 30 days. Intensity is how hard you will be walking or running. The different choices are Light Intensity, Light to Moderate Intensity, Moderate Intensity or Heavy Intensity. For example if you are a beginner, sedentary, or overweight then a recommended intensity would be Light Intensity. At this intensity the walking/running is easy-paced and causes only slight breathlessness and sweating. While a very fit exerciser might choose a moderate intensity which causes clear breathlessness and sweating. Use the exercise recommendations to help you figure out the Intensity of Exercise for the next 30 days. If you don't know where to start out then choose the lowest intensity (light) and work your way up.

#5 FIND YOUR TARGET ZONE (if you already haven't) for the next 30 days. Your target zone is the most effective training pulse for maximum cardiovascular and fat burning results, given your age and current level of fitness. Using your Target Zone ensures that you get the most out of walking or running and that you are not over- or under- exerting yourself. While walking or running you'll monitor your THR by taking your pulse. To take your pulse lightly press the thumb side of your wrist with your first two fingers, noting the beats per minute.

To figure out your TARGET ZONE you have to find your Maximum Heart Rate. You did this by the following formula. $220 - \text{Age} = \text{Maximum Heart Rate}$. For Example $220 - 32 = 188$. So for a 32 year old the fastest your heart should beat would be 188 beats per minute.

Next to find your TARGET ZONE: take your MHR that you just figured out and multiply it by the Intensity of Exercise you selected in #4. For example a 32 year old running with an intensity of Light to Moderate Intensity would Multiply $188 \text{ MHR} \times 60\%$ and 70% (intensity). So, $188 \times 0.60 = 113$ and $188 \times 0.70 = 132$. So for a 32 year old their 60 second target Zone would be 113—132.

Next find out your 10-second TARGET ZONE. Just take your 60 second TARGET ZONE and divide by 6. For example: $113/6 = 19$ and $132/6 = 22$. So, your 10 second TARGET ZONE would be 19 TO 22 beats per minute. This is where you would want to keep your pulse as you walk or run to make sure you are not under or over training.

You will check you 10-second pulse 5 to 10 minutes into your walk or run and every 5 to 10 minutes to make sure you are not under or over training. Your body can tell you you've reached your THR, too: you'll feel alert, your muscles working, heart and lungs pumping steadily.

Or you can go out and buy a heart rate monitor. I use the POLAR heart rate monitor which will cost from \$40 and up. You strap the monitor across your chest and the watch will keep track of your heart rate. Some models can be programmed to alert you when you go over or under your target zone.

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#6 is next: TIMES A WEEK. First is Frequency. This is the # of times you walk or run a each week for the next 30 days. This can be anywhere from 2 to 5 times a week.

Second in WHEN: Now you need to actually mark which days you are going to walk or run for the next 30 days.

Next is WHERE: write down where you can walk or run for the next 30 days. For example: run around neighborhood, run in gym if rains or snows, walk inside on treadmill.

Next is EQUIPMENT NEEDED. Do you need windbreaker, sing let due to the weather, shoes, watch and etc.

#7 is DURATION: You need to write down the range of time you are planning on walking and running each day. 15 to 40 minutes, 20 to 40 minutes, 60 to 90 minutes. After you have gone walking or running you can write down the actual time you walked or ran. Your duration will depend on how you feel that day, weather, physical condition and time restraints. For example if on Monday I had run 20 to 40 minutes and I went out and ran 30 minutes. I would write down 30 minutes on my calendar.

#8 is GOALS. Write down three goals for the next 30 days? This could vary from: increase time, increase intensity, start walking and running, start running, read runners magazine to learn new techniques, eat better, learn about energy drinks, run race, invite friend to train, walk for cancer, stretch out, etc.

You could go around the group and each tell one goal.

#9 Write down and discuss and PROBLEMS you could be having. Write down and discuss any problems you might be having with your walking or running. Someone in the group might have already dealt with this problem and have some suggestions. Could be physical, mental, time restraints, injuries, shoes or equipment. Etc.

#10 Write down and talk about any records, goals met, races finished or accomplishments that you have accomplished over the last 30 days.

OPTIONAL

TOPIC OF the MONTH: there are several topics that you could watch and discuss as a group. Please e-mail your ideas to markschuler@bellsouth.net

OPTIONAL:

Walk and Run or comparable physical activity as a group.

At the end of filling out your sheets or at the end of the meeting everyone in the group should have planned out their next 30 days of training. You should know exactly when and where you are going to exercise. How hard you are going to walk or run. How long you are going to exercise. What equipment you are going to need. You know what your target zone is so you can maximize you health while being safe. You've scheduled your exercises around your schedule and now can schedule the rest of your month around your exercise.

If you are interested in starting a meeting at your church or with a group of friends e-mail me and I will help start up the club.

Keep your training simple, make your meetings and Keep training for life. God Bless.

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Level of Activity Questionnaire

Which alternative best describes your general activity level for the previous month?

A Beginner

(Does not participate regularly in programmed recreational sports or heavy physical activity)

Avoids cardio activities like walking or exertion whenever possible.

Walks for pleasure, routinely uses stairs, occasionally exercises sufficiently to cause breathing or perspiration.

A Moderate Exerciser

(Does participate regularly in recreation or work requiring modest physical activity, such as golf, gymnastics or yard work)

10 to 60 minutes a week

Over one hour a week

An Active Exerciser

(Does participate regularly in heavy physical exercise such as jogging, swimming, cycling or engages in vigorous aerobic activity type such as tennis)

Runs less than 1 mile a week or spend less than 30 minutes a week in comparable physical activity.

Run 1 to 5 miles a week or spend 30 to 60 minutes a week in comparable physical activity.



A Serious Exerciser

(Does participate in a regimented workout program consisting of heavy exercise)

Runs 5 to 10 miles a week or spend 1 to 3 hours a week in comparable physical activity.

Runs over 10 miles a week or spends 3 hours a week in comparable physical activity.

Date

Type of Exerciser

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Exercise Recommendations

Beginner

Goal	Duration in Target Zone	Times a Week	Intensity
Improve Fitness and Well-Being	15-40 minutes at a time	2 – 4 1	Light Light to Moderate

Moderate Exerciser

Goal	Duration in Target Zone	Times a Week	Intensity
Maintain Fitness and Well-Being	20-40 minutes at a time	2 – 4 1	Light to Moderate Moderate
Improve Fitness and Lose Weight	30-60 minutes at a time	2 – 4 2	Light to Moderate Moderate

Active Exerciser

Goal	Duration in Target Zone	Times a Week	Intensity
Maintain Fitness and Well-Being	30-60 minutes at a time	2 – 4 1	Moderate Heavy
Improve Fitness	60-90 minutes at a time	2-4 2	Moderate Heavy

Serious Exerciser:

Have your maximum heart rate measured and find your personal Target Zone to get the best benefit of your training sessions.

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