

# CONDITIONING FOR CARDIOVASCULAR HEALTH AND PERFORMANCE

What is Cardiovascular training?

# CLASS OBJECTIVES

- Go over syllabus
- Training Journal
- Program
- What is CV
- Resting Heart rate chart/recording

# SYLLABUS REVIEW

- Important dates to note
- Appropriate attire (part of your participation mark)
  - Dress warm for days we are going outside
  - Need to have a bathing suit for days we are in the pool
- Late policy
  - After 2 =warning (not verbal, just recorded), third = absent
  - Location of classes
  - **After three absences from class you will be given a 0 for participation**
- Heart rate monitors
- Tentative Schedule
  - PLEASE bring your student ID card to every class as you will need it to get into the gym! 😊

# TRAINING JOURNAL

- Record all workouts completed
- Date
- Activity
- Duration
- Workout details: (include warm-up/cool down info, route/site, partners, schedule, routine, etc.)
- Average HR& Max HR
- Heart Rate zone
- RPE
- Comments
  - This is the most important part of your blog. Spend the most time here reflecting on your workout, talking about the physical response to your workout, compare your max HR to your RPE
- Include any other activities you take part in (team training, intramurals etc.)

# PROGRAM DESIGN

4 workouts/ week (usually two in class) + 2 outside of class time

Design a program that includes the following:

- Activity
- Duration
- Progression
  - To do this you will need to decide what activities you are taking part in to help achieve your goals
  - When making changes to your program, just add the changes as I would like to see what you are changing and challenge the *why*?

# Benefits of Cardiovascular training

What are the benefits of CV training?

Warburton, D. (2006). Health benefits of physical activity: The evidence. *Canadian Medical Association Journal*, 801-809.

# HEALTH VS. PERFORMANCE

- What is the main difference between training for Health vs. training for performance
- Health:
- Health:
- Health:
- Health:
- Performance:
- Performance:
- Performance:
- Performance:

# SO WHAT IS CARDIOVASCULAR CONDITIONING???

- Cardiovascular fitness:

- The overall efficiency of the heart to provide O<sub>2</sub> to the body
- Ability to recover ( post workout)
- Lungs muscles blood cells
- The ability of the heart, blood cells and lungs to supply O<sub>2</sub> rich blood to the working muscle tissues and the ability of the muscles to use O<sub>2</sub> to produce energy for movement.



Reminder: most accurate is first thing in the morning.

| Week | RHR |
|------|-----|
| 1    |     |
| 2    |     |
| 3    |     |
| 4    |     |
| 5    |     |
| 6    |     |
| 7    |     |