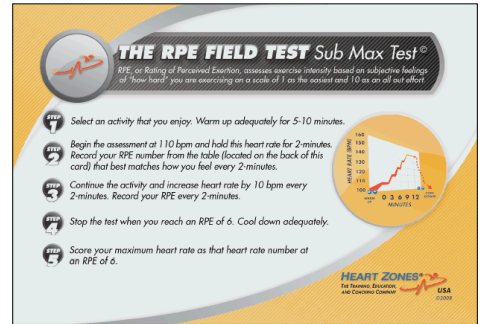
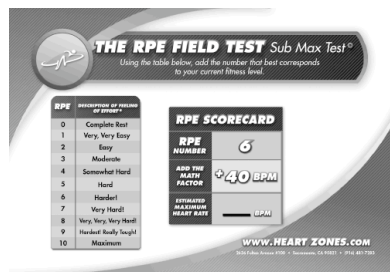


Sub-Max Testing For Your Maximum Heart Rate Workout of the Month

Training using your maximum heart rate is one of the best ways to set workout zones. Setting your training zones can be best accomplished when you decide which of three anchor points works best for you. An anchor point is a physiological marker that provides a simple yet powerful way to determine training zones. The three anchor points, accompanied by three training tools, follow:



Anchor Point	Training Tool
Maximum heart rate	Heart rate monitor (wrist or displayed)
Threshold heart rate	Metabolic meter – a VO2 cart
Power output (watts)	Power Meter



If you attend a Heart Zones Training event or workout with a certified Heart Zones Trainer or coach, they can accurately measure your maximum heart rate anchor point. You can also self-administer the assessment called a field test. Without lab-quality equipment, field testing to determine your training heart rates or watt-output is the best way. If you are a maximum heart rate enthusiast, the workout of the month is to field test your maximum heart rate using the eight different Sub-max tests, including the *RPE Field Test*. Read

the adjacent workout card, score your results and you have an estimate of your maximum heart rate. If you want to be precise (I recommend it), take each of the eight different Sub-Max tests and set your maximum heart rate anchor point. You can read each test by reading this months Sally Edwards' blogs on the front page of our website. Another option is to purchase at the Heart Zones store a packet of each of the different tests plus the maximum heart rate and zones cards. This is a permanent way to keep a copy and the results of your Sub-max tests.