

Benefits of CV training

Improves sport-specific performance.

Reduces risk of chronic health conditions, for example, heart disease.

Weight management.

Improves self-esteem and mental health state.

Improves cholesterol levels.

Improves efficiency of heart and lungs.



Active iQ

CV guidelines – for health benefits

150 minutes of moderate-intensity aerobic activity per week.

75 minutes of vigorous-intensity aerobic activity per week.

An equivalent combination of moderate- and vigorous-intensity aerobic activity each week.

OR

OR



Active iQ

CV guidelines – intensity differences

Moderate intensity

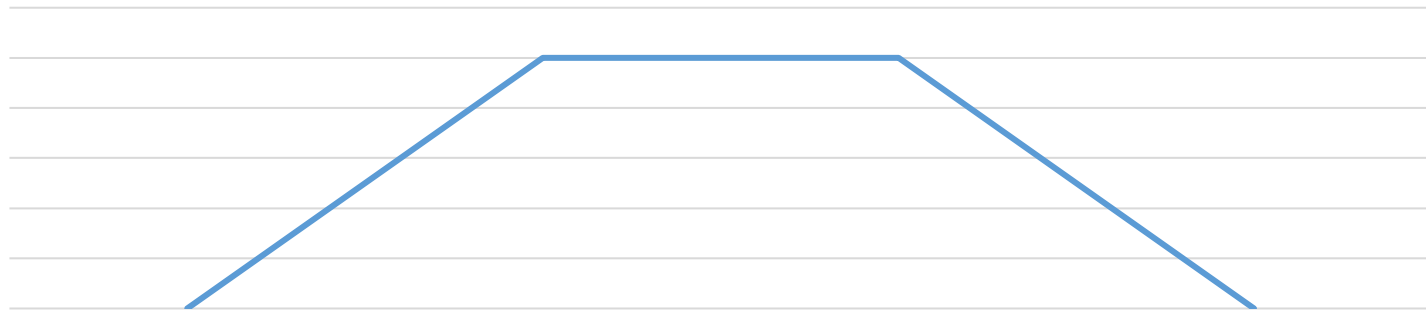
- Causes a person to become slightly out of breath without undue fatigue.
- Equivalent to a brisk walk or gentle cycle for an average client.
- 64–76% MHR.
- RPE 12–13 (6–20 scale).

Vigorous intensity

- Causes a person to become out of breath and start to sweat.
- Equivalent to sustained fast jogging or sprinting.
- 77–95% MHR.
- RPE 14–17 (6–20 scale).

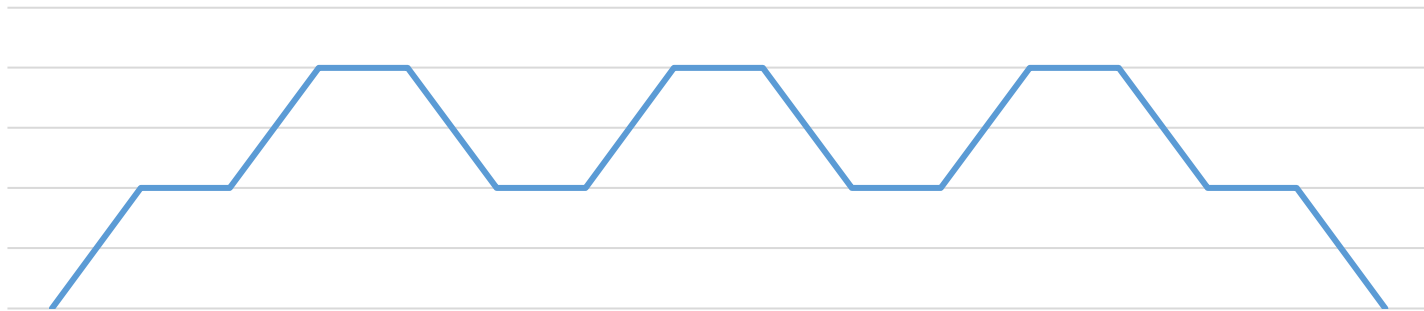
CV training methods – continuous training

- Involve training at the same intensity for a sustained period of time.
- Focus on aerobic (with oxygen) work, normally at intensities of 50–70% MHR (can be higher for more conditioned exercisers).
- Suited to deconditioned clients and those training for long-distance races, for example, a marathon.
- Some clients may find this method ‘boring’.



CV training methods – interval training

- Involves structured periods of work and active recovery, namely, high and low intensities.
- Can be aerobic or anaerobic (without oxygen) and intensities can vary dependant on the fitness level and goals of the client.
- Can be suited to all types of client, as it can be adapted to their needs.
- However, it may be too challenging for some untrained clients.



CV training methods – fartlek training

- Involves unstructured periods of varying intensities and durations.
- Can be aerobic and anaerobic work.
- Can be suited to all types of client, as it can be adapted to how well they are coping during the session.
- However, some clients may over-exaggerate how ‘hard’ it is so that the intensity is dropped, which may lead to no overload being achieved.

