



## Heart Rate Training

*Roy Benson , Declan Connolly*

[Download now](#)

[Read Online ➔](#)

# Heart Rate Training

*Roy Benson , Declan Connolly*

## Heart Rate Training Roy Benson , Declan Connolly

If you're serious about your sport, you're serious about conditioning. Now, with one small device, you can apply the latest technology, science, and research to take the guesswork out of training, monitor progress, and see results. *Heart Rate Training* will show you how!

From functions, features, and operational advice for your device to interpreting and applying the results, *Heart Rate Training* is a step-by-step guide to optimizing performance. You'll learn how, when, and why monitors can, and should, be incorporated into your workouts, training, and conditioning program to produce maximum results.

In *Heart Rate Training*, authors Roy Benson and Declan Connolly show you how to determine deficiencies in training and performance, create targeted programs to increase endurance, raise lactate threshold, increase speed and power, and monitor your recovery between workouts. And the sample programs allow you to manipulate the training components to design a long-term training plan across eight endurance sports: walking, running, cycling, swimming, triathlon, rowing, cross-country skiing, and team sports.

When you're ready to take training and performance to the next level, turn to *Heart Rate Training* and achieve your personal best.

## Heart Rate Training Details

Date : Published March 1st 2011 by Human Kinetics Publishers (first published January 1st 2011)

ISBN : 9780736086554

Author : Roy Benson , Declan Connolly

Format : Paperback 212 pages

Genre : Sports, Fitness, Nonfiction, Science

 [Download Heart Rate Training ...pdf](#)

 [Read Online Heart Rate Training ...pdf](#)

**Download and Read Free Online Heart Rate Training Roy Benson , Declan Connolly**

## From Reader Review Heart Rate Training for online ebook

### Vít Kota?ka says

Interesting topic where valuable information are diluted in the flood of text. Considering example programs, there is nothing new that you don't already know from standard (marathon) programs - intervals, tempos, LSD (long, slow distance) etc.

What caught my interest were "heart rate fartleks" - I will integrate them in my winter program. Partially usable, for me, is the endurance training, i.e. running with low HR - again, winter training.

What I'm not taking that it's really mistake when you miss your HR zone by 3 beats per minute, because of wrong initial measurement. Authors are saying that you don't need to go to a lab to have precise numbers... because it's expensive. And that you can use some in-field measurement (= specific workout) to figure out some good numbers. Well, that somehow undermine the whole point of the book.

---

### Mary Ann Merlin says

#### Loads of great info

If you're an old athlete like me, give this new heart rate training a look. My daughter gave us a pair of fitbits, now I can train properly. Good solid book. Match your needs or sport then get after it. Modern technology who knew it would work for all athletes. Really great read.

---

### Jean says

Great advice on using a HRM to train in several different sports. I adapted my training runs to incorporate several ideas.

---

### Bobby J Zuniga says

#### Pretty Disappointing

Outdated information and the author constantly gives inaccurate advice about weight loss in a book he repeatedly says is about becoming a better athlete. Save your money.

---

### Corinne says

Just way, way too much detail. I get that they were trying to explain some of the background so you understand why you're doing certain things, but I kept waiting for the WHAT I'm supposed to do. It was just

entirely too complex. I'm still looking for a good heart rate training plan. This sure isn't it. Just skip to the end and look at the workouts. The author kept admonishing me to READ IT ALL SO I WOULD UNDERSTAND, so I did, but honestly only the workout tables were of interest.

---

### **Melissarose says**

Great book to reference! This book contains really important information about how to build your aerobic base and raise your anaerobic threshold. I really enjoyed the background physiology about fast and slow twitch muscle fibers and the difference in their metabolism. yay I love running now! It is key to start slow and be in tune with what zone you are training at!

---

### **Matthew says**

Not helpful in designing a marathon or half marathon training program. Only covers basic concepts, not specific workouts, and presents wildly inaccurate ranges for easy runs and anaerobic threshold based on maximum heart rate. I can't speak to the chapters on biking, swimming, rowing, etc. I didn't even read those--though they make up about half the book.

---

### **Matt says**

Great theories with a lot of evidence to support. The authors were very repetitive and a little disjointed; it feels like they didn't read each other's sections. Also, the book does not give a whole lot of room to develop a personal plan like "Strength Training" by the NSCA does. Instead, "Heart Rate Training" gives the author's plans, but doesn't provide enough knowledge to develop a personal plan.

---

### **Krista says**

Great resource for anyone who is interested in or does heart rate training.

---

### **Wilfredo Malazarte says**

Great reference to have for using heart rate during workouts. Lots of material covered, but it explains the theory behind each of the training zones. Good explanations of each of the different types of workouts for generating a different physiological response to training. I'll definitely keep coming back to this one!

---

### **Stephanie Heppe says**

Great info on heart rate training!

---