

Record your workout, as completely and specifically as you can. Doing this will help to keep you on track. You need to record:

1. Type of activity
2. Duration or time
3. Intensity = how hard the work was

You can rank how hard the exercise was...

- According to depth and rate of breathing:
 - "Could still carry on a conversation"
 - "Breathing deep but not uncomfortable"
 - "Hard but still sustainable"
 - "Gasping for air"
- Any objective measure such as speed, incline, power, or weight
- Heart rate:
 - Place your middle and index fingers lightly at the side of your windpipe, just under your jaw.
 - If you don't feel a pulse move your fingers a little more to the side. Don't press too hard, a light touch is all that is needed.
 - Count the number of beats in 10 seconds, and record that number. You can multiply the 10 sec count by 6 to get beats/minute.
 - It's important to get a reading IMMEDIATELY upon stopping exercise, so practice a bit. After hard workouts your pulse will be very fast & hard to count.

INTERVAL WORKOUTS

- Interval workouts increase fitness faster than regular workouts.
- They are a mix of hard efforts and short rest or recovery bouts.
- Use any aerobic exercise mode that you like, running, biking, swimming, rowing, skiing, skipping
- You have to concentrate to really push hard during the work interval
- Try to move around during the rest interval, you will recover faster than if you sit or lay down
- Use the timer function on your watch or count off the seconds ("one thousand, two thousand...")
- The pacing on the longer intervals is difficult, go as hard as you can but still finish the interval (even if you think you can't, crawl if you have to - this is great mental training too).