

Emotions such as excitement before the start of the game, fear, stress and other emotional situations, and encourage, for example. caffeine and nicotine, by the increase.

In general, however, that lower SUvM (morning) shows a better kondicijsko preparedness. Continuous and gradual increase in SUvM it indicates overtraining, dehidriranost, stress, poor sleeping habits, disease, inadequate diet, or even a combination of several of these things.

The maximum heart rate (MSU) is an important feature when determining your exercise intensity. The maximum number of beats that your heart can do in one minute. Once you know your heart beat in the implementation of maximum effort, you can calculate the area of heart rate, which is appropriate for a specific type of training.

Scientific studies show that the MSU will largely depend on the age and genes. After 20 in the non-active people, on average, reduced by one beat per year. In general, however, that regular practice keeps MSU on a higher level, in spite of aging. The maximum heart rate over the years and the exercise does not change much, it does with training can maintain a higher level, we can not but affect him in such a way as to bring down blinks at rest.

The calculations shown below, trying to determine the maximum heart rate by means of equations that are accurate for most people. These calculations provide the theoretical MSU, the facts can be reliably show the fitness test.

MSU can be calculated with very few individuals resignation of the 15 beats, even though this person has no health problems. The most secure and accurate is still determining the kondicijskim test on the running track or ergometru which can be made to a qualified cardiologist. Tests to determine the MSU athletes to perform well as their coaches.

On the basis of a wide range of statistics, the following formula to calculate the MSU:

MEN

Netreniran MSU = 220 - age

Well-trained MSU = 205 - (age / 2)

Well-trained, older MSU = 214 - (age x 0.8)

WOMEN

Netreniran MSU = 226 - age

Well-trained MSU = 211 - (age / 2)

Well-trained, older MSU = 209 - (age x 0.7)

Note: Age is expressed in years.

Lower the enaÅ•be Londeree and Moeschberger developed by the University of Missouri (Colombia). Studies have shown that the level of fitness and type of sport affect the value of MSU. Beat on the running track athletes was higher by 5 - 6 beats as the wheel and for 2 - 3 utripe higher than in rowing. Heartbeat in swimming was significantly lower, around 10 - 14 beats in comparison to tread the lane. Elite athletes strength and good entrenats people have for around 3 - 4 utripe lower netrenirane MSU as a

80% MSUR = $(0.80 \times (187.5 - 52)) + 52 = 160.4$ blinks per minute

 If that person wants to coach in the range of 70-80% MSUR, the coach of an intensity that corresponds to the blinking 147-160 beats per minute.

 * If you compare the two calculation, you may find that the outcome of a difference. However, but in both cases for the same person and the area is calculated in both 70-80%. Such a difference occurs because Karvonenova method kondicijsko preparedness. Provides that this condition has improved, the greater the difference between MSU and SUvM. Therefore, you choose this method of those who want a more precise calculation of the areas in heart rate. The method provides a higher heart rate, as a result, unlike direct method theoretically corresponding to the actual VO2 max. That is why this method is also the most used.

 * Those who just starting a regular coach, during the initial period of training would recommend to calculate heart rate zones direct method. Eventually moving to Karvonenovo method. Those who have heart problems or have a family hereditary cardiovascular disease, impairment in the functioning of the heart, I recommend testing and the establishment of safe areas in the heart rate cardiologist.

Four areas in heart rate

 There are four general areas in heart rate for different levels of intensity training. Each area corresponds to various metabolic, respiratory and other needs of the body. Those areas of training most frequently used by coaches, athletes like all other sports of thousands.

 * 50 - 60% MSU

 * 60 - 70% MSU

 * 70 - 85% MSU

 * 85 - 100% MSU

 * Correlation between the percentages MSU and VO2 max

 * Table

Light, moderate activity

This is the lowest intensity at which you can still improve your condition. In this intensity consumes the largest percentage of body fat as an energy source, which supplies the active muscles. Most serious athletes have almost bad conscience, if trained in such low intensity, since neither right zadihajo Sunday. This area is also called the area for the slow lengthy training.

This is a good time:

 * For the initial training program

with good coaches already on the condition of anaerobic threshold, or in its vicinity.

 Anaerobic training area is achieved when the muscles need of oxygen is higher than we are able to continue to provide both accelerated and deep breathing.

The most important acquisition of training in this area is the body to adapt gradually to the higher concentration of lactic acid, which gives us the opportunity to insist a long time in this "painful" area. Everyone would be described as a training area difficult or even very difficult. Feel the pain due to the high intensity of the fast utrujajoÄih the muscles, heavy breathing and exhaustion. Those who click their teeth and occasionally practice in this area, you can expect improvement of sports skills. This means that you will be better and last longer period of time in all other areas of lower intensity heart rate.

The advantages of training in the vicinity of anaerobnega threshold or above (80-90% MSU) are:

 * Reducing the sensitivity of the muscles at a high concentration of lactic acid,
 * Enhance the functioning of enzymes in the muscles, which play an important role in the anaerobic process,
 * To the pace of which occur in competitive situations, such as miscellaneous Pobegi, driving or running at the time, Sprint in hrib and long finiši the matches.

In 90 100% MSU We have certainly exceeded laktatno border anaerobnega threshold and we are in an area where more and more a lack of oxygen. This means that the muscles do not receive enough oxygen more who need it, they can effectively carry out their work. The lactic acid quickly increased and the body is able to withstand such a situation only a short time.

There are two main advantages of training in this field intensity:

 * Reducing the sensitivity of the muscles at a high concentration of lactic acid,
 * Improve the capacity of short-term šprintov and finiširanja.

Those who are more seriously involved with the sport, is to determine the intensity of training more interesting information is the percentage of VO2 max than MSU. Theoretically it is possible to predict the intensity of your training as a percentage of VO2 max with the knowledge of your blinking during the training. David Swain (1994), by a team of experts from the U.S. with the help of statistical procedures to investigate the correlation between percentages MSU and VO2 max.

The result is the following equation:

* Altitude

The lowest heart rate is at the sea surface, higher when we are, the more increased the heart rate. It is for this that we breathe more rare is the air and blood bodies and therefore tolerate less oxygen, which make up the body with increased heart rate. When the heart rate eventually to a new altitude equal to that which we had earlier on the sea surface, means that the number of blood cells oz. to accommodate the body height.

* The impact of sex

Maximum heart rate is well-trained women on average slightly lower than in well-trained men the same age group. However, women have a slightly higher heart rate compared with men when trained at the same intensity of the burden than men. Recovery time of the heart is generally in women also slightly longer than men. The differences between women and men, most researchers explains that the woman has a slightly lower heart, making the heart of a woman to flash a little faster, to supply natural active muscles with all the necessary materials.

* True or not?

If you want to lose the excess fat, we need to implement mandatory training for low-intensive burning of fat.

Not really. If you want to lose fat, it is necessary to achieve energy deficit for this day. This can be achieved in several ways, by adding exercises and the exercise of any type that consume less food, or a combination of both. In doing so, considered that at the end of the day, we spend more calories than we've eaten throughout the day! Only in this case, the body of prejudice, as an alternative source of energy, excess fat. Many people consider it essential to kurjenju the only low-fat, but long-term training, in which porabljamo higher percentage of fat. However, wrong.

To facilitate understanding cite the example of the study, which was carried out in 1996

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In the case of physical activity intensity 60 percent max. blinks (ease of training) within 30 minutes of moderate condition of a person on a bike consumes around 220 calories. Of these, 50% fat calories, then 110 The same person is on testing the load of 80 per cent max. blinks in 30 minutes consumed 330 calories. Of this 33 percent fat calories, which again amount to 110 calories of fat, but has now been used more common calories (food, we've eaten throughout the day). In other words, in the same period of time with a higher intensity spent about the same fat and not less. Spent a lot more of the total calories, which means that we have left fewer calories that could be stored as fat (Dr. Jack Wilmore & dr. Dave Costill, University of Texas, 1996).

Since most people pass more easily, but less intense training as a very hard, short, the majority decided for a long low intensity training.

