



Year 10 HRF: Lesson 2 – Effective training

Big Question

How do you know if the training you are doing is effective and improving your fitness level?

Activity 1- Measuring heart rate

Before you begin exercising take and record your resting heart rate. Work out your target training zone by reading the link below.

Warm Up



Fitness testing

What is a training zone?

Why do we need to work within a training zone?

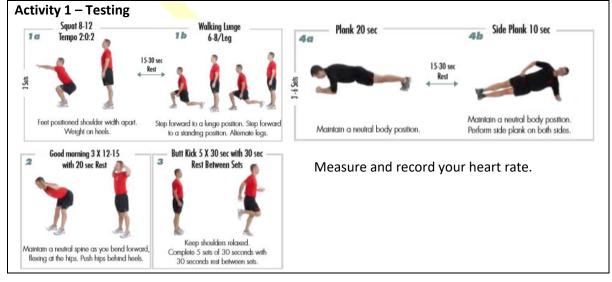
Where do you measure heart rate?

How can you change the intensity you are working at?

Heart rate can be measured either on your wrist (radial artery) or neck (carotid

artery). Count the number of times you feel your pulse beat for 1 minute. We can take our heart rate during exercise to get an idea of the intensity we are working at and then compare to our target zone (see link below). If we need to increase our intensity as we are not in our target zone we can work for longer, work harder, work faster.

https://www.bbc.co.uk/bitesize/guides/z2b9q6f/revision/3#:~:text=You%20can%20improve%20your%20anaerobic,at%2080%25%20of%20your%20MHR.









Activity 3 – Plenary

Look at your heart rate after you had completed the session, was it within your target zone? Why do you think it was/was not? If it wasn't what could you do next time to make sure you are within your target zone?

Follow it up

Refer back to the above website and make sure that you understand the terms that are in bold and underlined. Click on them for more information.

Get inspired

Have a look at YouTube and see what fitness sessions you can find that are suitable to conduct at home.