

'Target Heart Rate' (THR) Cardio

Why interval training is better!

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*Interval training (higher intensity) is a big part of this program because it has been proven to be very effective in fat loss training. Below is the reason why it is more effective than **Target Heart Rate** training that so many people advocate, which emphasizes less intensity and lower heart rates during cardio.*

Target Heart Rate Training:

Many trainers/books advocate training in your 'target heart rate zone'.

- **Target HR theory:** *if your heart rate is kept between certain numbers (determined by age) you will burn a higher **percentage** of fat.*

These numbers are usually about a 'moderate pace' (not too intense).

- The theory also said that as you increase your intensity/speed, you burn a lower **percentage** of fat. So in other words a person running slower can burn more calories than someone else who is running near maximum.

THEREFORE: people made the conclusion that if you performed cardio at these slower speeds you will burn more calories... **WRONG!** Although you may burn a slightly higher percentage of calories while in the fat burning zone... a person who is working harder (higher heart rate) will burn more total calories

Comparison of two women performing 1 hour of cardio:

- 1) **Slow cardio:** burns 500 calories and 50% are from fat, this equals **250** calories of fat burned
- 2) **Fast/intense cardio:** burns 800 calories and 45% are from fat, this would equal **360** calories of fat burned

Although the woman doing the slower cardio will burn a higher percentage of fat (50%) compared to the intense cardio (45%), the woman performing the slower cardio burns less overall calories (500), thus her higher percentages **can't** make up for the much greater difference in number of calories the other woman burned.

Conclusion: The harder you work during your cardio sessions the more calories you will burn. Although the idea of going slower and losing more body fat is appealing... It's just not the way things really work... Otherwise we could go really slow and just walk to lose body fat - good luck with that!