

Training Thresholds are based on **Heart Rate** and are set to make sure that people train at an effective but safe level.

Aerobic Training Threshold



60-80% of Max HR

Anaerobic Training Threshold



80-90% of Max HR

Maximum Heart Rate = 220 - Age



Anaerobic Training Example

Max HR: $220 - 25 = 195$ Beats per Min.

Aerobic training zone = 60-80% of Max HR

60% of 195 = 117

80% of 195 = 156

Working out the aerobic training threshold of a 25 year old runner

Therefore Aerobic Training Threshold = 117-156 Beats per Min

PE COMPONENT 1 - TRAINING THRESHOLDS

Weight Training Example

A performer has a Bench Press one rep max of 80kg

80% of 80kg = 64kg

Strength/Power Training (4-8 reps)

60% of 80kg = 48kg

Muscular Endurance Training (12-15 reps)

Weight Training Thresholds

This is based on your **one rep max** for any given weight lifting activity

Muscular Endurance training should be performed at **below 70%** of your one rep max. This should allow 3 sets of 12-15 reps to be performed

Strength/Power training should be performed at **above 70%** of your one rep max. This should allow 3 sets of 4-8 reps to be performed

