

F.I.T.T. Principle

F- Frequency- how often you do something.
Example: frequency of our warm-up run is 5 days a week.

I- Intensity- how hard you do something.
Example: our warm up run is at a moderate intensity level.

T- Time- how long you do an activity.
Example: our warm up run is now 4:30 out and 4:30 back or 9 minutes total.

T- Type- what kind of exercise it is.
Example: our warm up exercise is a cardio vascular *endurance* exercise.

Target Heart rate equation $(220 - \text{your age}) \times .60$
low and $\times .90$ high

To find minimum do $220 - \text{your age} \times 0.6$

To find maximum do $220 - \text{your age} \times 0.9$

Example: John is 30. To find his minimum heart rate you do $220 - 30$ which is 190 then times it by 0.6. This makes it 114. To find his maximum heart rate you do $220 - 30$ which is again 190 then times it by 0.9 this time. This makes it 171. John's target heart rate range is 114 to 171.