



## **HEART RATE ZONES – SECRETS AND SCIENCE**

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### **OVERVIEW**

Despite growing popularity of programs incorporating heart rate (HR) zone methodology for training, there are lots of some misunderstanding of scientific facts and limitations to using maximum heart rate (MHR) and zones. This session presents relevant information on MHR and zones to empower professionals to better understand the pros and cons of using HR zones. Topics discussed include limitations in MHR formulas and HR zones, the use of HR with interval –training, and how to effectively program using other zone methods.

### **OBJECTIVES**

- Describe some key limitations with traditional MHR formulas
- Explain the advantages of using more precise formulas (e.g., Tanaka)
- Discuss new applications of zone-based training models

### **SUMMARY**

Attendees will gain insight into the current limitations of MHR formulations, but be able to rationalize the use of better formulas. Additionally, they will be able to discuss the value of using zone methodology in general.

**Please remember to submit a session evaluation.  
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