

FINDING YOUR MINIMUM HEART RATE

1. Ensure you are in good health.
2. Measure your pulse shortly after waking up, before drinking or eating anything.
3. Record it in your training diary.
4. Take this reading over 3 days and take the average.

FINDING YOUR MAXIMUM HEART RATE

IF YOU'RE RACE FIT:

Do not attempt this if you have any heart problems or have been advised to take only moderate exercise.

1. Find a course of about 2-3 miles, ending with a hill of about ½ mile.
2. Warm up for 15 minutes.
3. Run the course at 5k race pace.
4. When you reach the hill, run it at maximum pace.
5. Your heart rate at the top will be close to your maximum heart rate.
6. Cool down for 15 minutes.

IF YOU'RE NOT RACE FIT:

1. Subtract your age from 220. This is a conservative estimate of your heart rate.
2. Monitor your heart rate whenever you run, including races.
3. As you discover a higher maximum, make a note of it.