

TRAINING GUIDE

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Vary your workouts

USE THE FITT PRINCIPLE TO KEEP VARIATION IN YOUR ACTIVITY.

- **Frequency**- how often you do an activity. Try to do more days and vary the time
- **Intensity**- how much effort you put in during being active. Do some harder workouts, vary your intensity during the workout .
- **Time**- how long you are active for. Try to increase your overall time exercising.
- **Type**- vary the type of activity (swimming, cycling, walking or running)



Use the BORG RPE scale below to help you identify intensity while being active.

RATE OF PERCEIVED EXERTION (RPE)

BORG RPE	MODIFIED RPE	EFFORT	% OF MAX HEART RATE	EXERCISE TYPE
6	0	NO EXERTION	50% - 60%	WARM UP
7		VERY LIGHT		
8	1			
9				
10	2	DEEPER BUT COMFORTABLE BREATHING. ABLE TO HOLD A COVERSAION	60% - 70%	RECOVERY
11				
12	3	AWARE THAT BREATHING IS HARDER; ABLE TO TALK BUT DIFFICULT HOLDING CONVERSATION	70% - 80%	AEROBIC
13				
14	4	STARTING TO BREATH HARD AND GET UNCOMFORTABLE	80% - 90%	ANAEROBIC
15				
16	5	DEEP AND FORCEFUL BREATHING; UNCOMFORTABLE AND NOT WANTING TO TALK	90% - 100%	VO2 MAX
17				
18	6			
19				
20	7	EXTREMELY HARD		
	8	MAXIMUM EXERTION		

Use heart rate monitors on machines or Wearable devices such as Fitbit to monitor heart rate when exercising.

Alternatively use the modified RPE column to rate your effort 0-10

Structuring an exercise session

- **Warm up** - Aim is to get blood and oxygen flowing round the body. Start easy and build up. If possible keep an eye on heart rate and use the above BORG scale to help target your warm up.
- **Pre-workout stretch** - Aim is to prepare the body for exercise, warm up any joints specific to the movements you are going to complete in your session. There are different types of stretching, research what stretches should be used, when and how.
- **Main component of your session** - This could be strength work, cardio etc. research components of fitness.
- **Cool down** - Slowing down level of exercise gradually. Allows muscles to return to normal temperature to reduce risk of injury. Allows the heart rate to return to normal levels. Will start the process of recovery by removing waste products such as lactic acid from muscles.
- **Post-workout stretch** - Aim is to start the process of recovery by reducing waste products from the muscles, reduces soreness, improves circulation and reduces stress. It will reduce the effect of DOMS (delayed onset muscle soreness). There are different types of stretching, research what stretches should be used, when and how.