

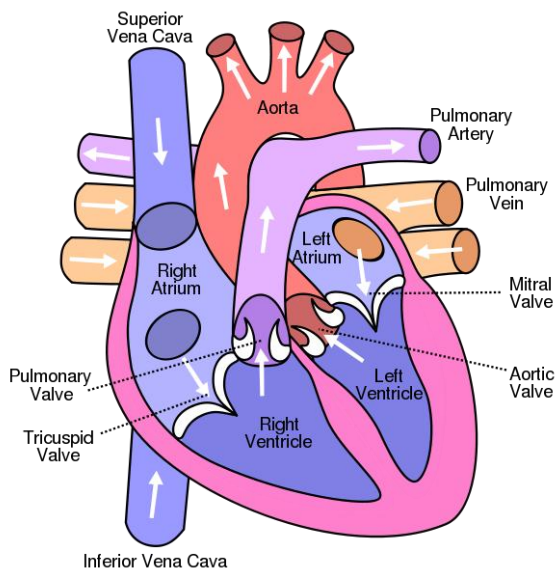
Cardiovascular Training

What is Cardiovascular Training?

It comprises of a variety of exercises that strengthens the cardiac, respiratory and vascular systems within the body.

What is Cardiovascular Fitness?

The ability of the cardiac, respiratory and vascular systems to supply oxygen to the working muscles, and to recover and dispose of waste from those muscles during exercise.

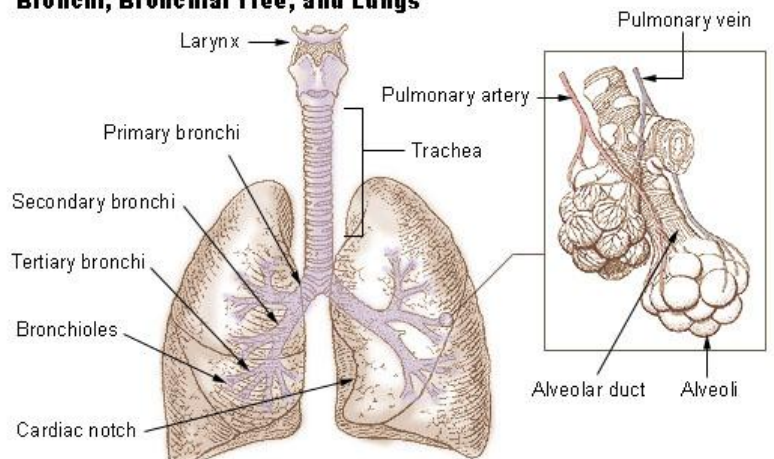


Cardiovascular Training Benefits:

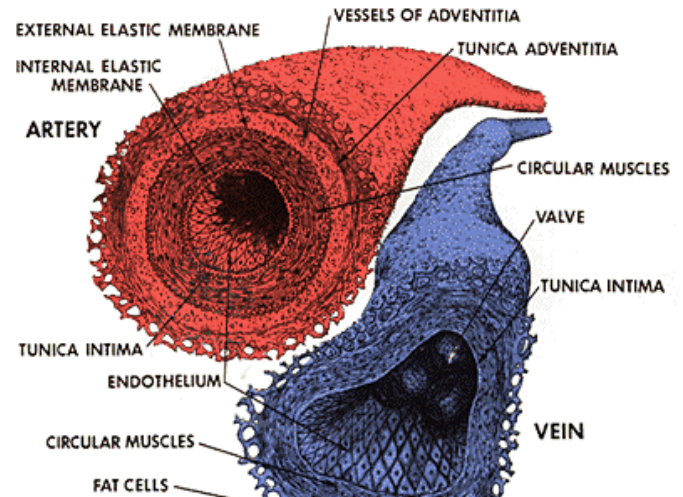
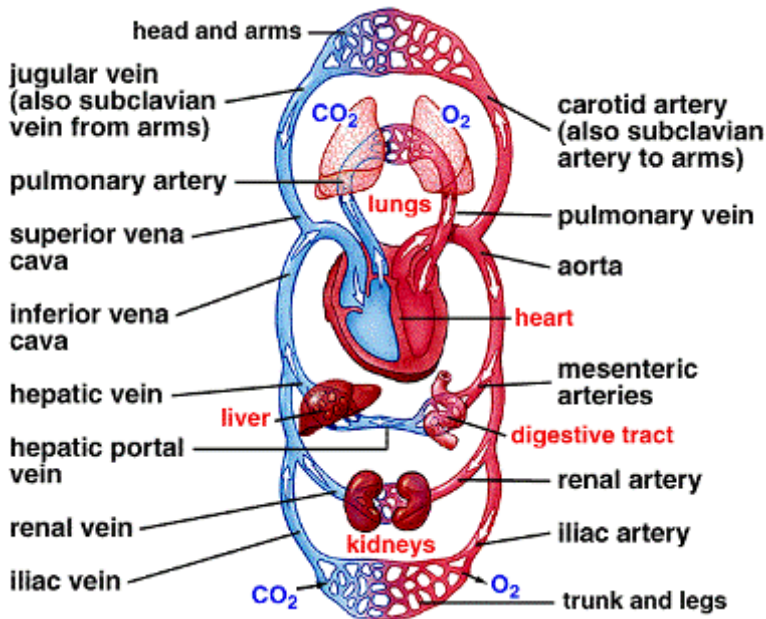
- Increases lean body tissue and a decrease in body fat percentage
- Strengthens skeletal system from load bearing exercise (< risk of osteoporosis)
- Increases the sensitivity of the cells to insulin (< risk of diabetes or amount of medication required)
- Reduces high blood pressure and high blood cholesterol (< risk of coronary heart disease)
- Decrease clinical symptoms of anxiety, tension and depression
- Increases blood flow and assists the body in eliminating toxins
- Decreases resting heart rate and increase heart volume.
- It increases maximum oxygen consumption, capillary density and blood flow to active muscles.
- It also increases total blood volume, allows for maximal ventilation and increases lung diffusion capacity.

Cardiovascular training serves as the foundation of fitness for most sports. The conditioning and health of the heart, lungs and blood vessels are the basis for safety and performance in nearly all athletic endeavours.

Bronchi, Bronchial Tree, and Lungs



Cardiovascular System:



Cardiovascular Training Types:

1. Low Intensity, Long Duration

- Intensities of around 40 to 60% of *max HR*.
- Duration should be over or around 40mins.
- You should be able to converse comfortably while doing it.
- This type of training is good for people just getting started with cardio work.
- It is reasonably good for fat loss, especially in very obese people.
- It is also the least demanding form of aerobic training.

2. Medium Intensity, Medium Duration

- Intensities around 70% of *max HR*.
- Duration between 20 to 40mins.
- This type of training can be used for fat loss and for increasing aerobic capacity.

3. High Intensity, Short Duration

- Intensities around 80 to 85% of *HR max (Anaerobic Threshold)*.
- This is a very demanding form of training. It is done for between 5 to 20 minutes generally, depending on fitness level and intensity.

Cardiovascular Training Methods:

Aerobic/Anaerobic Interval Training, Fartlek Training, Circuit Training and continuous training. Exercises may include; Cycling, Running, Jogging, Walking, Stepper, Cross Trainer, Rower, Arm cycles, Skipping, aerobics, aerobic weight training Etc: