



Heart Rate Training

By Roy Benson, Declan Connolly

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If you're serious about your sport, you're serious about conditioning. Now, with one small device, you can apply the latest technology, science, and research to take the guesswork out of training, monitor progress, and see results. *Heart Rate Training* will show you how!

From functions, features, and operational advice for your device to interpreting and applying the results, *Heart Rate Training* is a step-by-step guide to optimizing performance. You'll learn how, when, and why monitors can, and should, be incorporated into your workouts, training, and conditioning program to produce maximum results.

In *Heart Rate Training*, authors Roy Benson and Declan Connolly show you how to determine deficiencies in training and performance, create targeted programs to increase endurance, raise lactate threshold, increase speed and power, and monitor your recovery between workouts. And the sample programs allow you to manipulate the training components to design a long-term training plan across eight endurance sports: walking, running, cycling, swimming, triathlon, rowing, cross-country skiing, and team sports.

When you're ready to take training and performance to the next level, turn to *Heart Rate Training* and achieve your personal best.

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“Roy Benson has more specific coaching experience for every age and competitive level than anyone I know. Combining that practical knowledge with the scientific expertise of Declan Connolly, this book is an unparalleled guide to maximizing your training using a heart rate monitor, providing both the how and why for each element, and putting it all together in an accessible, easy-to-apply package.”

Jonathan Beverly -- Editor in Chief, *Running Times*

“Heart Rate Training offers unparalleled exercises and advice for athletes of every sport, every level, and every age.”

Alex Krebs -- Eastern Development and Competitions Manager, U.S. Ski and Snowboard Association

“In Heart Rate Training, Benson and Connolly show you how to interpret and apply your heart rate data into a practical science-based training program that provides results.”

Malachy McHugh, PhD -- Director of Research, Nicholas Institute of Sports Medicine and Athletic Trauma

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