

FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT
AND THE AMERICAN COUNCIL ON EXERCISE

Intervals to Make the Fire

Anaerobic Threshold:

As exercise intensity increases, the point where your body shifts from aerobic metabolism to anaerobic metabolism.

How is your Anaerobic Threshold measured?

Your anaerobic threshold can be measured directly in a lab with a metabolic cart or indirectly by using the "Talk Test".



Talk Test

As you increase the intensity of your workout, notice the point when you can no longer hold a conversation. This represents the point where your body has shifted to anaerobic metabolism and is your "anaerobic threshold".

Reaching Your Peak

Certain activities, sports and occupations require that you be able to perform at a high intensity level. They also often require that you be able to recover quickly and then be able to return to that high intensity. This requires a solid aerobic base, a high anaerobic threshold, and a high anaerobic work capacity. How can you build all three of these systems and therefore allow yourself to perform at your peak level? The answer is interval training.

Interval Training

When performing interval training, intermingle short bursts of higher intensity work with longer lower intensity recovery periods. These work and recovery periods can be varied by changing their intensity or duration. Usually, a good work/recovery ratio is 3:1. The variations in interval training are endless but the chart below gives you two easy methods to experiment with.



<u>Activity</u>	<u>Duration</u>	<u>Repetitions</u>
Jog at an RPE of 6 (<i>slightly hard</i>)	3 minutes	5 times
Increase to RPE of 8 (<i>hard</i>)	1 minute	
Decrease to RPE of 4 (<i>easy</i>)	1 minute	
Jog at an RPE of 5 (<i>moderate</i>)	5 minutes	3 times
Increase to RPE of 7 (<i>moderate hard</i>)	2 minutes	
Increase to RPE of 8.5 (<i>very hard</i>)	1 minute	
Decrease to RPE of 4 (<i>easy</i>)	1 minute	