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1998-07-06
male

SPORTS MEDICINE & ORTHO REHAB
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BASIC INFORMATION

Analysis of	**2018-06-19**
Height	**1.71 m**
Weight	**64.0 kg**
BMI	**21.9**
Training device	**treadmill**
Test mode	**7 km/h + 2 km/h**

DYNOSTICS PERFORMANCE LEVEL

61% (Level 4)

MAXIMUM POWER

Perseverance	**15:18 minutes**
Maximum power	**15.2 km/h**
Maximum heart rate	**181 bpm**

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Analysis of 2018-06-19

RESULT AND EVALUATION OF YOUR IAAT

The individual anaerobic threshold describes the highest possible intensity of stress without straining the muscles.
This is the transition from aerobic to anaerobic training.

IAAT at	**10:22 minutes**
IAAT power	**11.9 km/h**
heart rate (running)	**157 bpm**
heart rate (cycling)	**147 bpm**

OXYGEN UPTAKE

The VO2 max alone should not be used for the calculation of the training ranges since only a maximum value is used as a calculation basis. Training areas should be determined by the permanent measurement of changes in the metabolism ad does DYNOSTICS in the calculation. Neither the maximum heart rate nor the maximum oxygen intake are suitable to control your workout!

VO2 max	**56.9 ml/min/kg**
evaluation	**Level 5**
maximum breathing minute volume	**105.7 l/min**

RESULT AND EVALUATION OF YOUR ABILITY TO RECOVER

Within 3 minutes your pulse drops with **59 bpm (Level 4)**

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Analysis of 2018-06-19

INDIVIDUAL TRAINING RANGES (RUNNING)

Recovery	Fat metabolism	Cardiovascular	Development zone	Competition zone
Reco	ET1 zone	ET2 zone	AT	CA
< 124	**124 – 142**	**142 – 157**	**157 – 170**	**> 170**

INDIVIDUAL TRAINING RANGES (CYCLING)

Recovery	Fat metabolism	Cardiovascular	Development zone	Competition zone
Reco	ET1 zone	ET2 zone	AT	CA
< 114	**114 – 132**	**132 – 147**	**147 – 160**	**> 160**

Regeneration
Whoever would like to shorten the total regeneration up to the next training unit is able to do so with a RECO training unit. The constant intensity is perfect to reduce muscle ache and faster recovery.

ET 1 zone
Exercise slowly and evenly for a long time in the aerobic zone 1. This is the best way to teach your body to use fat as an energy supply. In this zone fat metabolism is maximal.

ET 2 zone
In more intensive basic training, fat burning still predominates but the body increasingly reverts to the stored carbohydrates. Training units in the aerobic zone 2 are often carried out in the form of intervals.

Development area (AT)
The AT (threshold training) serves the development of stamina on gradients and the change in the training. This area is important for the competition preparation. The strength of the cardiovascular system is increased, but the energy is not produced by the fats, but by the combustion of carbohydrates. Very high intensity! Therefore only limited to short interval units with recovery phases.

Competition zone (CA)
The intensive interval training in the development area improves fast-action endurance, stamina and lactate tolerance. There is a significant increase in the anaerobic part of energy production. Increased risk of health damage. Please train under supervision in this area!

The belief that training is only good when you are fully exhausted is definitely obsolete. Variety is everything – even for your body! Always give it new stimuli. Your individual training recommendation, which will be matched to your performance level and your training goal is shown below.

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Analysis of 2018-06-19

INDIVIDUAL WEEKLY TRAINING RECOMMENDATION FOR RECOVERY

Training unit	Frequency	Total duration	Duration	Training range running	Training range cycling
after competition	soon after every competition	25-40 min	40 min	< 124 bpm	< 114 bpm
Warm up & cool down	before and after training	max. 15 min	15 min	< 124 bpm	< 114 bpm

Whoever would like to shorten the total regeneration up to the next training unit is able to do so with a RECO training unit directly after the load. The constant intensity is perfect for the prevention of overtired and acquired muscle ache, protects against injuries and gives you extra power for the next training session.

Effect: Minimize the risk of injury.

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Analysis of 2018-06-19

INDIVIDUAL WEEKLY TRAINING RECOMMENDATION FOR HEALTH-AWARE TRAINING

Training unit	Frequency	Total duration	Duration	Training range running	Training range cycling
Health-aware training					
Unit 1 ET1	1x per week	min. 50 min	50 min	124 – 142 bpm	114 – 132 bpm
Unit 2 ET2	1x per week	min. 50 min	50 min	142 – 157 bpm	132 – 147 bpm
Unit 3 ET1	1x per week	min. 50 min	50 min	124 – 142 bpm	114 – 132 bpm
Stress relief					
Unit 1 ET1	2x – 3x per week	45–75 min	75 min	124 – 142 bpm	114 – 132 bpm

Exercise slowly and evenly for a long time in the endurance zone ET1 and ET2. This is the best way to train your body to use fat as an energy supplier. Fat metabolism is at its maximum in this zone.

Effect: Controlled training to maintain health in the appropriate aerobic basics. This will stabilize the cardiovascular system. This stabilizes the cardiovascular system and the fat metabolism. In addition, this workout helps to lower blood pressure and to overcome muscle ache.

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Analysis of 2018-06-19

INDIVIDUAL WEEKLY TRAINING RECOMMENDATION FOR WEIGHT LOSS

Training unit	Frequency	Total duration	Duration	Training range running	Training range cycling
Unit 1 ET 1	1x – 2x per week	60–90 min	90 min	124 – 142 bpm	114 – 132 bpm
Unit 2 ET 2	1x per week	50 min	5 min 20 min 5 min 20 min	124 – 142 bpm 142 – 157 bpm 124 – 142 bpm 142 – 157 bpm	114 – 132 bpm 132 – 147 bpm 114 – 132 bpm 132 – 147 bpm
Unit 3 CA	1x per week	57–76 min	2 min 5 min *in addition 5-7* 15-20 min	> 170 bpm pause *repetitions* < 124 bpm	> 160 bpm pause < 114 bpm

Proper training in the long-term method (ET1, ET2 and CA)!
Exercise slowly and evenly for a long time in the endurance zone ET1. This is the best way your body learns to use fat as an energy supplier. If you feel good, you can train for a few minutes in the endurance zone ET2 during your training session. If you have less time you can also complete a slightly shorter training session in the endurance zone ET2. In addition, it is important to increase the amount of burnt kcal, Therefore, DYNOSTICS also combines interval sessions above the IAAT (anaerobic training). These units are the perfect counterpart to fat metabolism training and will be quit stressful. Decisive for the success is the strict adherence to the training areas in each training unit.

Effect: The fat portion of the total energy consumption is rising - you lose weight and simultaneously burn many calories.

Proper exercise in the interval method (AT and CA)!
An anaerobic training in AT and CA unit is exhausting, but is complementary to the more relaxing endurance training. Carbohydrates are additionally used and the energy consumption during the load is will increase.

Effect:
- Increased energy consumption – you lose weight!
- You increase your level of fitness.

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Analysis of 2018-06-19

INDIVIDUAL WEEKLY TRAINING RECOMMENDATION FOR PERFORMANCE ENHANCEMENT

Training unit	Frequency	Total duration	Duration	Training range running	Training range cycling
Unit 1	1x per week	60 min	60 min	124 – 142 bpm	114 – 132 bpm
Unit 2	1x per week	78 min	3 min	124 – 142 bpm	114 – 132 bpm
			30 min	142 – 157 bpm	132 – 147 bpm
			5 min	124 – 142 bpm	114 – 132 bpm
			30 min	142 – 157 bpm	132 – 147 bpm
			10 min	< 124 bpm	< 114 bpm
Unit 3	1x per week	60 min	60 min	124 – 142 bpm	124 – 142 bpm
Unit 4	1x per week	63 - 68 min	3 min	157 – 170 bpm	147 – 160 bpm
			5 min	pause	pause
			in addition 5	*repetitions*	
			15-20 min	< 124 bpm	< 114 bpm

Challenge your body by changes in training! Always give the new stimuli. Train with interval units for cardiovascular training (endurance zone ET2) as well as units in the competition zone (AT and CA).

In general: the training plan is tailored to your current fitness level.