

INSIDER

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Off-Season Training Tip: Incorporate Heart Rate Zone Training

by Scott Berlinger Sports Center PIER Trainer, Ironman, Triathlete and Full Throttle Endurance Program Creator

From season to season, many athletes don't change their workouts' "intensity" levels; they go year-round without mixing it up. Note: the key to increasing your base fitness level during the off-season is to alter heart rate patterns by using different workout intensities. If you don't use a heart rate monitor, now's a good time to incorporate one into your regimen.

Throughout the year, different athletic off-seasons require a focus on building a cardiovascular base. Try adding variations of intervals and tempo runs, and continue to change your choice of fitness modality to strengthen your cardiovascular reserves. Remember, base training constitutes a large portion of an athlete's workout program, affording the body a chance to recover from stress and get back to basics. After designating any number of months to base training, your reserves have expanded and you can call upon them when necessity dictates. Heart rate zones vary due to a number of different factors, including age, gender and physical fitness; however, in general, there are three basic zones that any athlete should be aware of: recovery/fat burning, aerobic, and anaerobic (see chart on right).

Recovery/Fat Burning Zone:

In the Fat Burning Zone, you should be able to have a non-labored conversation while training. The fat burning zone allows the body to utilize fat stores as energy.

IN THE ZONE

Aerobic Zone:

In the Aerobic Zone, you should be able to have a labored conversation while working out – conversation should be broken up and fractured as the body burns through glycogen (carbohydrate fuel) stores.

Anaerobic:

In the Anaerobic Zone, you should not be able to have a conversation; talk is impossible and your body is in a state of discomfort. The Anaerobic Zone is on the cusp of maximum effort as the body is producing lactic acid (the byproduct of working muscles).

For more information on heart rate monitors (for sale at the Fitness Desk) or heart rate zone training, ask your personal trainer or visit or call the Fitness Desk (212.336.6099) to schedule a consultation.



The Sports Center is proud to be the official health club, and an official training partner, of the 4th Annual Ford New York City Triathlon. Be a part of history and save the date to compete, or spectate, at the 4th Annual Ford New York City Triathlon on June 27, 2004. The Ford New York City Triathlon consists of a 1-mile swim down the Hudson, a 25-mile bike ride up the West Side Highway, and a 10k run around Central Park.

Sports Center members are encouraged to register early for the event, since last year the race sold out 10 weeks prior to race day. Entries are limited, sign up today at www.nyctri.com. Watch for further Sports Center member benefits and programs regarding the Ford New York City Triathlon.

