

title:

Heart Rate During Dynamis Women Fitness Team Training

Objective:

Monitoring changes the course of heart rate peak fitness athletes aerobics teams in the racing season in pfprav £ Championship and evaluated dynamics of heart rate in individuals.

Method:

Measurements of heart rate and individual probands with the help sporttestru Polar brands. Information processing in the program Polar Precision Performance 2.0 and their evaluation.

The results:

After evaluation of the generated chart was found that watching ^ družstvo It spent the anaerobic zone on average from 5% to 16.4% of total time training units. The energy released during a two-minute racer assembly was at our probands moderate coverage of 59.6% anaerobic.

Keywords:

Aerobic fitness, heart rate, sports performance, sports training