**Aerobic vs. Anaerobic**

With oxygen vs without oxygen – What does this mean? **Obviously your muscles need oxygen to work.**

Why do the leg muscles get so tired? Why do they feel weak?

What changes in your body?

* More Red Blood Cells (RBC) – they carry the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* More Capillaries – where the exchange of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ happens

What 2 things can you add to or change in your workout to improve your anaerobic fitness?



Target Heart Rate (**THR**)

To calculate:

220-age = Maximum Heart Rate (MHR) x training percentage = **THR**

**Training Percentages**

**60%, 70%, 80%, 90%**

Which training percentages are aerobic?

Which training percentages are anaerobic?

**To improve your anaerobic fitness – include 1-2 minute intervals of anaerobic to aerobic workout**

Calculate your THR to improve your aerobic fitness

Calculate your THR to improve your anaerobic fitness