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| **Physical condition and health assessment** |

1. **Assess the intensity of the exercise:**

 **Remember that we gain the greatest cardiovascular benefits when we work between 60% and 80% of our Maximum Heart Rate.**

**(220 – Age)**

 **It is important that you learn to control intensity to run during the necessary time so that we produce the benefits we’re looking for, and also so that you achieve the goal!**

**To do this, in addition to heart rate (HR), we are going to use an instrument that will help you control this intensity: the perception of exertion, or Borg Scale. (RPE)**

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| **Activity** | **Distance** | **HR** | **RPE** |
| **… minutes run** |  |  |  |
| **… minutes run** |  |  |  |
| **… minutes run** |  |  |  |
| **… minutes run** |  |  |  |
| **… minutes run** |  |  |  |

1. **Assess your progress: Do you know how to control the intensity of your run? Do you think you have chosen the appropriate rhythm? Do you think you have run within healthy limits?**
2. **Assess your health-related fitness components: aerobic capacity, body composition, and muscular strength, endurance, and flexibility.**
3. **Think deeply about your healthy habits (rest, nutrition, locomotor pains, injuries, diseases, consumption habits…)**

**How do you think you can improve it? Suggest widely improvements.**