F.I.T.T. Principle

F- Frequency- how often you do something.

Example: frequency of our warm-up run is 5 days a week.

I- Intensity- how hard you do something.

Example: our warm up run is at a moderate intensity level.

T- Time- how long you do an activity.

Example: our warm up run is now 4:30 out and 4:30 back or 9 minutes total.

T- Type- what kind of exercise it is.

Example: our warm up exercise is a cardio vascular *endurance* exercise.

Target Heart rate equation (220-age) x .60 low

 X .90 high