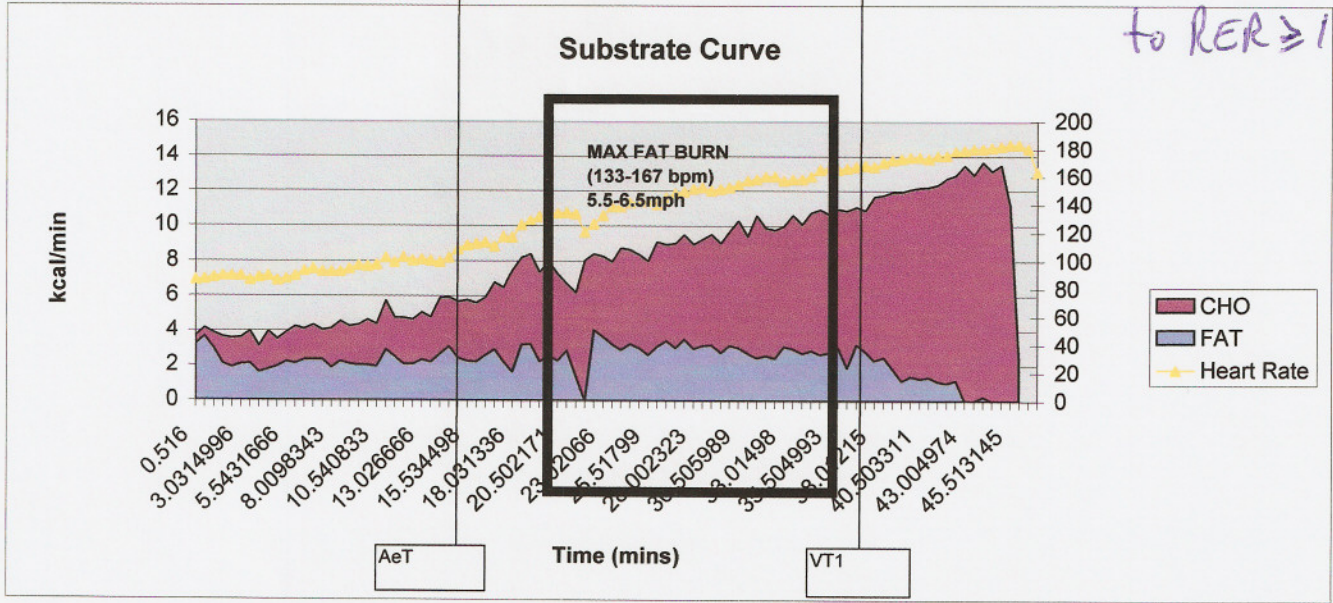


25. Oct. 2007

FAT BURN PROTOCOL

5min @ 2.5mph
5min @ 3.0mph
Then 4min @ 4.0-5.0mph
to RER ≥ 1.00



504	to	657	kcal/hr
146	to	243	fat kcal/hr
23%	to	48%	of energy from fat

Pace

(5.0-6.0) Best HR Zone = 140-160 bpm → Endurance (Max Fat)

= 160-169 → Grey Zone (Avoid)

(7.0-7.5) ⇒ 170-180 → Threshold (Low Fat but a little per week is good to build fitness)

① Gradual Warm Up to 5mph

② Bulk of session (140bpm-160bpm)

③ 1x or 2x per week insert (3-5) x 3min @ 7.0-7.5 mph with 90seconds walk between each.

④ If ≤ 40 min session then no food required before
If > 40 min session then min 150 cal Food before

⑤ Hydrate before/during/after