

Aerobic

Aerobic Exercise means “with oxygen”. If exercise is not too fast and if it is steady, the heart can supply all the oxygen the muscles need. The exercise/activity is done over a longer period of time at a steady pace. Examples: jogging, lap swimming, walking, bicycling. If you have good **cardiovascular fitness** you can continue this type of activity for a long time.

Frequency Exercise at least 3 days a week. For best results exercise every day.

Intensity Raise your heart rate to 140-180 beats per minute.

Time Raise the heart rate to the correct intensity and keep it there for at least 20-30 minutes.

Type walking, swimming, jogging

Pacing: a strategy used in cardiovascular exercise/activity to maintain a steady rate of exercise in order to stay in your target heart rate for 20-30 min.

Anaerobic

Anaerobic Exercise means “without oxygen”. If exercise is done in short, fast bursts, the heart cannot supply blood and oxygen to the muscles as fast as the cells use them. Without oxygen you cannot exercise very long. Examples: 100 meter dash, 50 meter swim, softball, volleyball. You need frequent rests during anaerobic exercise to “catch your breath”.

Frequency Exercise at least 3 days a week. For best results exercise every day.

Intensity Raise your heart rate to 140-180 beats per minute.

Time Raise the heart rate to the correct intensity for 10-40 seconds.

Type 100 yard dash, softball, volleyball