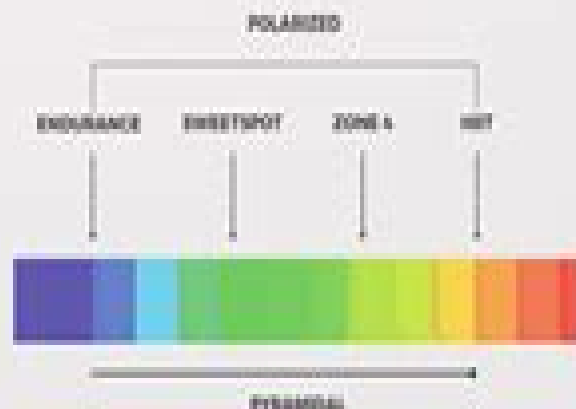


THE ULTIMATE GUIDE TO ZONE 4 TRAINING

THE SCIENCE BEHIND ZONE 4 TRAINING



THE BENEFITS OF ZONE 4 TRAINING



Increases anaerobic threshold (FTP)



Combines aerobic and anaerobic energy contributions



Stimulates fast twitch muscle fibers to become more aerobic



Improves overall endurance and energy management

SUMMARY OF ZONE 4 TRAINING



ZONE 4 IN RELATION TO OTHER TRAINING ZONES

ZONE 2

- Primarily activates type I slow twitch muscle fibers.
- Relies predominantly on fat combustion.
- Focuses on increasing mitochondrial functioning.

VS

ZONE 4

- Higher intensity with a focus on carbohydrate combustion.
- Balances aerobic and anaerobic energy contributions.
- Higher lactate dynamics compared to Zone 2.

ZONE 3

- Less intense than Zone 4, allowing for longer exercise duration.
- More reliant on fat, less on carbohydrates.
- Lower lactate production and combustion rate.

VS

ZONE 4

- Higher intensity with a focus on carbohydrate combustion.
- Balances aerobic and anaerobic energy contributions.
- Higher lactate dynamics compared to Zone 3.

ZONE 5

- Focused on short, high intensity intervals.
- Relies more on anaerobic energy and fast twitch muscle fibers.
- Leads to high blood lactate accumulations.

VS

ZONE 4

- Used for longer duration blocks.
- Balances between aerobic and anaerobic energy.
- Maintains a quiet steady state in lactate levels.

Ultimate Guide Sports Training

Mike Gentry, Tony Caterisano



Ultimate Guide Sports Training:

The Complete Guide to Sports Training John Shepherd, 2013-05-31 The Complete Guide to Sports Training is the definitive practical resource for anyone wishing to improve their performance and for coaches looking to get the best out of their athletes. The book demystifies sports science and provides athletes and coaches with the basic building blocks they need to maximise performance. Starting with the basics and progressing to the specific elements all athletes need: speed, endurance and power, this invaluable handbook explains the theory in simple, easy-to-understand terms before discussing the most effective training methods and techniques as well as giving guidance on developing a training plan, sports psychology and training younger and older athletes. This is the first time such a wealth of sports science knowledge has been available in one book and written in such an accessible style and should become the sports training handbook for athletes, coaches and sports science students.

The Ultimate Guide to Physical Training for Football Mike Gentry, Tony Caterisano, 2013-08-01 These days college football is as much about strength and conditioning as it is about having outstanding athletes on your team. If you have both, your team will likely be successful. Athletes and coaches alike are looking to build overall power and stamina while helping develop self-discipline and realize athletic potential. The Ultimate Guide to Physical Training for Football, now newly revised from the original *A Chance to Win*, is the complete guide to strength, power, training, plyometrics, functional conditioning and flexibility training. Critical topics covered include Strength and lean body development, Training cycles, Step by step photographic guides for lifts and drills, Conditioning for football, Dynamic flexibility and stretching, Integration of nutritional science, Evaluation and building motivation. And so much more. Contained in this book are proven weight training and conditioning programs designed to increase your football team's speed, strength and agility.

The Ultimate Guide to Weight Training for Football Rob Price, 2014-05-14 The Ultimate Guide to Weight Training for Football is the most comprehensive and up-to-date football-specific training guide in the world today. It contains descriptions and photographs of nearly 100 of the most effective weight training, flexibility and abdominal exercises used by athletes worldwide. This book features year-round football-specific weight training programs guaranteed to improve your performance and get you results. No other football book to date has been so well designed, so easy to use and so committed to weight training. This book will have players of all positions and skill levels increasing strength, agility and power dramatically, resulting in more touchdowns, crisper and harder tackles and the flat-out domination of opponents all over the field. Both beginners and advanced athletes and weight trainers can follow this book and utilize its programs. From recreational to professional, thousands of athletes all over the world are already benefiting from this book and its techniques and now you can too.

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