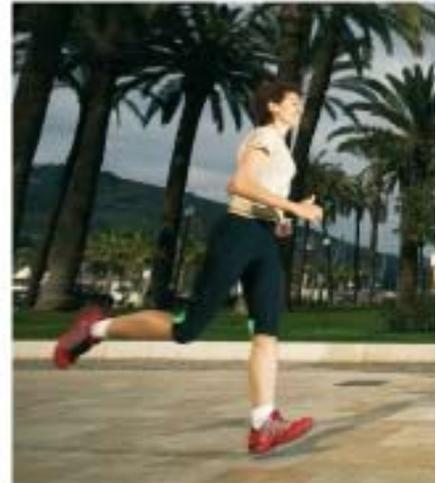




# Suunto Training Guidebook



[www.suunto.com](http://www.suunto.com)



MORE THAN HEART RATE MONITORS

**SUUNTO**

## Contents

Welcome to the World of Suunto Heart Rate Monitors! .....	3
The Many Goals of Exercise .....	4
Exercise Is the Best Medicine .....	4
Your Heart Rate Will Tell You a Lot if You Know How to Listen .....	5
Different Training Intensities Affect Your System in Different Ways .....	6
Listen to Your Heart .....	7
Training Effect Leads You to Sensible and Improving Training .....	8
Training Effect is Created through Exertion and Rest .....	9
Formation of Training Effect in Various Types of Exercise .....	9
Suunto t-series heart rate Monitors Improve Training Efficiency in Many Ways .....	10
Central Principles of Training .....	11
Regular Training .....	12
Training with an Upward Trend .....	12
Correct Ratio Between Training and Rest .....	13
Variation .....	14
Motivation .....	14
Balanced and Improving Training with Suunto t-series Heart Rate Monitors .....	15
Sample Weekly Training Programs .....	16

# **WELCOME TO THE WORLD OF SUUNTO HEART RATE MONITORS!**



In this guidebook we'll provide you with a basic knowledge of fitness training and exercise, and tell you how the Suunto t-line heart rate monitors can help you in your training.

You find further information on the products and training in the [www.suunto.com/training](http://www.suunto.com/training) that is training devoted sports world within the [www.suunto.com](http://www.suunto.com)

We wish you enjoyable and productive training!

- Team Suunto

## THE MANY GOALS OF EXERCISE

People exercise for a variety of reasons. While professional athletes may seek fame and fortune, most regular fitness enthusiasts train with completely different goals in mind.



Most fitness enthusiasts aim to improve their health, advance their physical and mental well-being, lose and maintain their weight, and to enjoy themselves. Some also have aspirations to compete or reach certain results to support these aims.

However, all of them have one common interest: to reach their goals in the best possible way. No matter what goals we may have, people want their training experience to be enjoyable and one's level of fitness to always be improving. People exercising for their own pleasure want their training experience to be enjoyable and improving. If the performance level that they have earned through hard work is maintained, they will retain their enthusiasm for a longer time. Those who are more result-oriented also find it important to achieve the desired improvement in performance and to reach good results through training that is as balanced as possible.

## EXERCISE IS THE BEST MEDICINE

It has been said that exercise is the best medicine for almost all modern lifestyle diseases: obesity, elevated blood pressure, heart conditions, musculoskeletal deterioration, excess stress, and psychological issues.

If the benefits of exercise could be compressed into a pill, it would be a true miracle medicine and a surefire best seller. Fortunately for fitness enthusiasts, this is not possible; because in addition to the health benefits, exercising provides numerous big moments, challenges, and experiences - much more so than pill popping.

Just as with a course of medicine, you should adhere to certain dosages in your exercise. The correct amount of exercise at the correct time produces the best results. The use of a heart rate monitor would also represent a good prescription.

## YOUR HEART RATE WILL TELL YOU A LOT IF YOU KNOW HOW TO LISTEN

A heart rate monitor is an excellent training tool. It provides you with reliable information about how hard your respiratory and cardiovascular systems are working at any given time. A heart rate monitor acts just like a tachometer for your body.

Your heart rate is a very individual characteristic, and for that reason comparing heart rates with others isn't very useful. Maximum heart rate is in no way a reliable fitness indicator, because it can vary wildly between people with exactly the same fitness level and age.

During a workout, your heart rate is a very reliable indicator of your personal performance level or training load – not as absolute numerical values, but in relation to your own heart rate values. For that reason, it is very important that you know your own heart rate at rest and, especially, your maximum heart rate.

It is relatively easy to measure your heart rate at rest at home by feeling your wrist or with a heart rate monitor while still in bed after a good night's sleep. However, a reliable measurement of your maximum heart rate often requires a visit to a testing facility or a sports physician. If you are experienced in fitness training and are in full health, you can also do your own test with a maximum-performance session in your favorite sport.

After 15 to 20 minutes of warming up, do two or three maximum intensity work cycles of around 3 to 4 minutes, and recuperate between them for around 30 seconds. If it is difficult to reach a high intensity in your favorite sport (for example cycling, cross-country skiing), you can perform the maximum intensity sessions on a steep hill. The highest measured reading you can achieve is a good estimate of your maximum heart rate.

**IMPORTANT:** Before beginning fitness training, consult your doctor to ensure that you are sufficiently healthy to exercise at your desired intensity. If you have a pacemaker, you must also ensure that you can use a wireless heart rate monitor.

Note that tests performed in different sports mostly indicate your maximum heart rate in that given sport, and not necessarily an accurate and absolute value. For example, many people's heart rate is 10 to 20 beats per minute lower when cycling than when running – even lower when swimming; while when cross-country skiing, it is often slightly higher than when running.



## DIFFERENT TRAINING INTENSITIES AFFECT YOUR SYSTEM IN DIFFERENT WAYS

When you know your rest and maximum heart rates, it is easier to control your training intensity. All intensity zones have their own important role to play in developing your fitness level and achieving better results.



### <60 %

Exercising below 60% of your maximum heart rate is relatively easy on your system. When it comes to fitness training, intensity this low is significant mainly in restorative training and improving your basic fitness when you are just beginning to exercise, or after a long break. Everyday exercise – walking, climbing stairs, cycling, etc. – is usually performed within this intensity zone.

### 60-70 %

Exercising at 60% to 70% of your maximum heart rate improves your basic fitness level effectively. Exercising at this intensity feels easy, but workouts with a long duration can have a very high Training Effect. The majority of cardiovascular conditioning training should be performed within this zone. Improving basic fitness builds a foundation for other exercise and prepares your system for more energetic activity. Long-duration workouts at this zone consume a lot of energy, especially from your body's stored fat.

### 70-80 %

Exercising at 70% to 80% of your maximum heart rate begins to be quite energetic and feels like pretty hard going. It will improve your ability to move quickly and economically. In this zone, lactic acid begins to form in your system, but your body is still able to completely flush it out. You should train at this intensity at most a couple of times per week, as it puts your body under a lot of stress.

### 80-90 %

Exercising at 80% to 90% of your maximum heart rate will prepare your system for competition-type events and high speeds. Workouts in this zone can be performed either at constant speed or as interval training (combinations of shorter training phases with intermittent breaks). High-intensity training develops your fitness level quickly and effectively, but done too often or at too high intensity it may lead to overtraining, which may force you to take a long break from your training program.

### 90-100 %

When your heart rate during a workout reaches 90% to 100% of the maximum, the training will feel extremely hard. Lactic acid will build up in your system much faster than it can be removed, and you will be forced to stop after a few dozen minutes at most. Athletes include these maximum-intensity workouts in their training program in a very controlled manner; fitness enthusiasts do not require them at all.

All Suunto t-series heart rate monitors tell you accurately and reliably at what heart rate or in which heart rate zone you are currently exercising.

# LISTEN TO **YOUR** HEART

Heart rate monitor readings are a very common topic for discussion between fitness enthusiasts. Therefore it is a good idea to know a few basic concepts about heart rate monitoring and their significance.

## **Rest Heart Rate:**

- Your heart rate at rest
- Varies a lot between different individuals
- Fitness training usually lowers your rest HR

## **Maximum Heart Rate:**

- The highest heart rate your heart can achieve under exertion
- Is very individual and depends, among other things, on your genes and the size of your heart
- Is in no way a direct indicator of your fitness level

## **Heart Rate reserve:**

- The difference between your maximum and rest heart rate

## **Maximum oxygen uptake or VO2 Max:**

- Your system's ability to take in oxygen, transfer it via circulation, and utilize it in your muscles for energy production
- Depends on genetics to a very high degree, but can be significantly improved by endurance training

## **Aerobic threshold:**

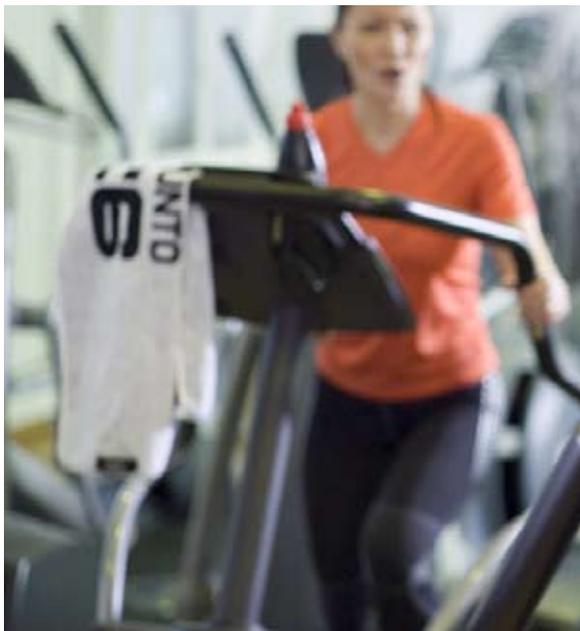
- The highest performance level, heart rate or speed at which your muscles are not forced to produce energy anaerobically (without oxygen)
- The majority of endurance training is best done at an intensity lower than, or just below, the aerobic threshold, i.e., at a very low intensity

## **Anaerobic threshold:**

- Intensity, heart rate or speed above which the anaerobic energy production in your muscles increases to a level at which more lactic acid is generated than is removed
- Training at the anaerobic threshold or just below it improves endurance and aerobic energy production capacity

## **Heart Rate variation:**

- The variation in time between heartbeats
- Training and stress have a large effect
- The variation of a well-conditioned and rested heart is high at rest



## TRAINING EFFECT LEADS YOU TO SENSIBLE AND IMPROVING TRAINING



Training Effect (TE) is an even more accurate and versatile measure of exertion than your heart rate. It combines information provided by your heart rate, heart rate variation, and respiratory rate, and tells you the level of exertion and effectiveness of your training.

Suunto's advanced t-series heart rate monitors (Suunto t3, Suunto t4 and Suunto t6) reliably analyze your level of exertion and display it as a Training Effect value on a scale of one to five. When interpreting its readings, the devices consider your heart rate, heart rate variation, and respiration rate.

Suunto devices display the Training Effect as a single, easy-to-read value. The effect of each workout on your aerobic fitness can be evaluated by the Training Effect value from the description below.

To give you more accurate real time information, the values shown by the Suunto heart rate monitors are given an additional digit, i.e. Training Effect 2 in the table below represents everything between TE 2.0 and 2.9 as shown in the watch.

Training Effect (TE)		Interpretation
1	Minor Training Effect	<i>This workout advances recuperation, and with a longer duration (of over one hour) improves basic endurance. Does not significantly improve aerobic performance.</i>
2	Maintaining Training Effect	<i>This workout maintains aerobic performance. It builds a foundation for a better respiratory and cardiovascular condition and higher intensity training in the future.</i>
3	Improving Training Effect	<i>This workout improves aerobic performance if repeated 2 to 4 times per week. Training at this level does not yet place special requirements for recuperation.</i>
4	Highly improving Training Effect	<i>This workout, repeated 1 to 2 times per week, highly improves aerobic performance. In order to achieve optimal development, it requires 2 to 3 recuperative workouts (TE 1-2) per week.</i>
5	Over-reaching Training Effect	<i>This workout has an extremely high effect on aerobic performance, but only if followed by a sufficient recuperation period. This workout has an extremely high exertion level and should not be performed often.</i>
<p><i>With the help of Suunto t3 and Suunto t4 heart rate monitors, you can accurately monitor the stress level of your system and the magnitude of the Training Effect with the help of a graphical scale in real time during the workout. In addition, the Suunto t4 heart rate monitor gives you a recommendation for a training program over the next five days, based on the workouts you have performed. The recommendations are based on your level of training, earlier workouts and, based on these, your estimated recovery time.</i></p>		

## TRAINING EFFECT IS CREATED THROUGH EXERTION AND REST

Training Effect increases faster with training intensity than with training duration. A long-duration, low-intensity workout will not necessarily result in a high Training Effect, while even a short, high-intensity workout may produce a high value.

It is important to note that the numerical Training Effect values do not mean that a workout with a lower numerical value is somehow worse or less significant than a workout with a high value. Both are needed in balanced training.

In fact, Training Effects 1 and 2 are the most important ones for endurance. Low-intensity training builds a foundation on which you can safely build workouts with a higher Training Effect. Without

a good foundation, high-intensity training will build a wobbly tower that can topple due to too high a load – followed by overstress and decreased performance.

It should also be remembered that stress and Training Effect go hand in hand. The stress your body is subjected to during exercise will only be transformed into a Training Effect through rest and recuperation.

## FORMATION OF TRAINING EFFECT IN VARIOUS TYPES OF EXERCISE

Long-duration and low-intensity **basic endurance training** with a duration of over one hour and a Training Effect value of 1–2 will increase fat metabolism, capillary density, and heart volume over the long term. It builds a foundation for a higher maximum performance level and higher-intensity training. Basic endurance training does not have an immediate effect on maximal performance level, so its Training Effect (TE value) is low. It is, however, an essential part of a balanced training program and especially important for recovery.

**High-intensity training** (TE 3–5) directly develops properties which improve your maximal endurance performance level, such as oxygen delivery from lungs to muscles, energy production and consumption, and the cooperation of nerves and muscles. Your maximal oxygen uptake and resistance to fatigue will improve, i.e., your performance level will increase. Beginning fitness enthusiasts should avoid highest-intensity training (TE 5) until their basic endurance characteristics are sufficiently high to guarantee recovery as well.

High-intensity trainings of shorter duration (for example TE 3.5 in 30 min) affect more your maximal



endurance performance, and the longer trainings (TE 3.5 in 1 hour) your resistance to fatigue. By adjusting the duration of your high-intensity sessions you can aim at specific training targets, such as competitions of certain length.

In **interval training**, high heart rates during work periods and low heart rates during recovery follow each other. With short recovery periods, the Training Effect may rise to a high value, as it doesn't have time to drop during short periods of rest. Most team sports (football, floorball, and basketball for example) include just this kind of exertion, enabling TE values to rise very high even with multiple breaks.

**Recuperative training** has a duration of around 20 to 40 minutes depending on the sport, with a very low intensity. The resulting TE value should stay at one.

# SUUNTO t-SERIES HEART RATE MONITORS IMPROVE TRAINING EFFICIENCY IN MANY WAYS

Regular use of Suunto t-series heart rate monitors will help you:

## 1. Control your heart rate, performance level, and exertion during exercise

- See your heart rate and Training Effect on the display
- Set the desired heart rate limits
- Set a Training Effect target for your workout

## 2. Schedule your training in the most sensible and result-oriented way

- Suunto Coach (featured in the Suunto t4 model) will calculate a training program for the next five days, based on your prior training history and personal background information.
- Suunto Training Manager (Suunto t6) and Suunto Training Manager Lite PC-programs (Suunto t3 and Suunto t4) allow you to monitor your training history over a longer time period and ensure that your overall training is meeting your goals.

## 3. Understand your body's signals and how to react to them

- You will learn to recognize what the different heart rate zones feel like during your workouts and what kind of feelings different Training Effects cause in your body
- You will learn to notice when your heart rate differs from the normal and how unusual situation (a lack of sleep, stress, an oncoming flu) will affect your heart rate

## 4. Monitor the improvement of your endurance and become more motivated by it

- You will note how your heart rate remains lower during your standard workout, producing a lower Training Effect
- You can train longer than before at the same intensity

## 5. Plan your training wisely and with a long-term vision

- By following the instructions in this guide, you will also be able to draw up a training program that perfectly matches your goals



# CENTRAL PRINCIPLES OF TRAINING

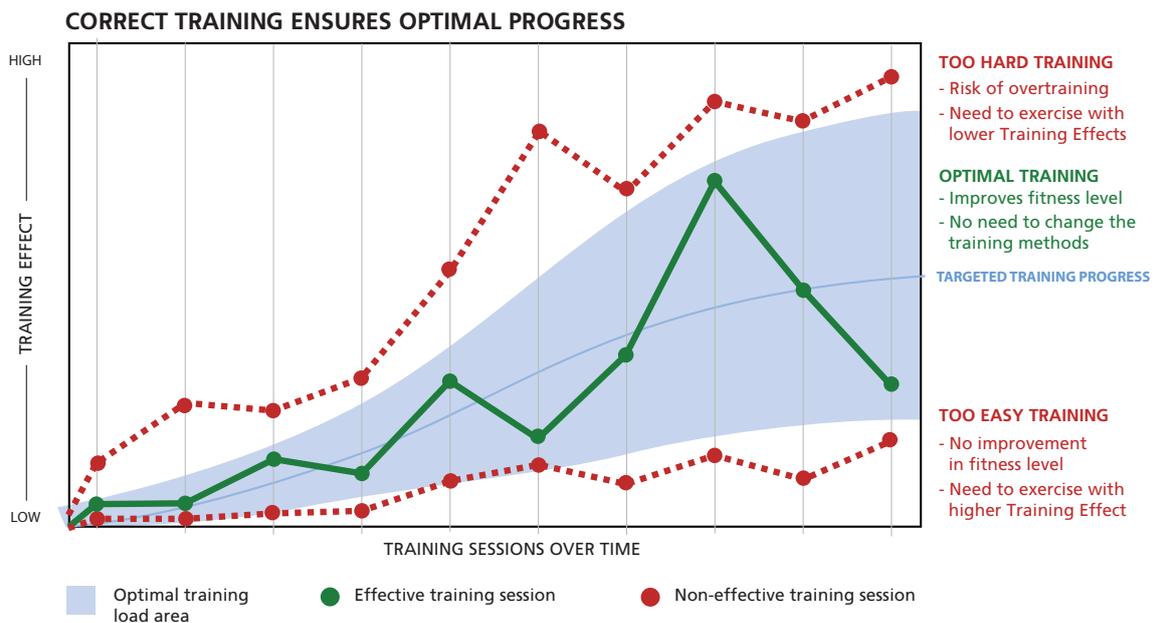
Each exercise comprises several different elements: the condition of the respiratory and cardiovascular (cardiorespiratory) systems, muscle strength, balance, coordination and athletic skills, as well as many other factors.

In endurance-type training, the condition of the cardiorespiratory system is especially significant. Training that develops this systems also has a very significant effect on physical and psychological fitness, resistance to fatigue, and general health. Additionally, good basic endurance builds a foundation for improving other athletic skills.

The central issues in good endurance training are:

- Regularity
- Upward trend
- Correct ratio between training and rest
- Variety
- Motivation

See the following pages for more details on all of these.



## REGULAR TRAINING

**Many changes in health, condition and performance take time. For that reason, exercising should be regular and continuous.**



However, this does not mean that training should always be an unchanging toil. Even regular exercise must be correctly phased: lighter and harder days, recuperating weeks, even longer periods of rest.

Fitness cannot be stored, however. The gained benefits will vanish quite rapidly if you stop exercising

completely. On the other hand, reaching a good fitness level after a break is much easier for someone who is used to exercise than for someone who has been inactive for a long time.

From a motivational point of view, it is very important to realize that even if larger changes require time and patience, many positive effects can be reached very quickly, even after just a couple of weeks of training.

A heart rate monitor will help you continue your training, as it allows you to notice the small changes in your fitness level even before they are concretely apparent. For example, a lower rest heart rate or managing a workout at the same speed but with a lower exertion will tell you that your fitness has improved.

## TRAINING WITH AN UPWARD TREND

**There are no shortcuts to a high fitness level. The stairs must be climbed from the bottom to the top, one step at a time.**

When you are beginning your exercise program, it is better to increase the number of workouts at first, then the duration, and only later the intensity. We recommend spending time to build up a sufficient amount of basic endurance.

The upward trend is also central in the later stages of exercising. Your system will always adapt to the stress caused by training. If the stress remains constant, eventually your system will not have to adapt and your fitness will not improve.

When you increase the duration or intensity of your workouts in the right way and give your system time to adapt to the increased requirements, your fitness will improve.

A heart rate monitor allows you to ensure that you are exercising at an intensity that is correct for you, not too hard but not too light, either. Especially in



the early stages, it is important that you remain at Training Effect 1–2 long enough and often enough. Also remember that even as your fitness level increases, these zones developing your basic endurance remain the most important elements of your training.

## CORRECT RATIO BETWEEN TRAINING AND REST

**Your fitness will improve only when the ratio between stress and recovery is correct, and there has been enough of both. For that reason, it is important also for basic fitness enthusiasts to have some kind of rhythm between training and rest.**

There are many different methods of creating a training rhythm. Weekly, monthly, and annual rhythms are familiar to professional athletes and those who train with a goal in mind, but they will also help fitness enthusiasts trying to improve their fitness level.

Creating a training rhythm is not a secret science; even very simple principles will allow you to achieve good results. Here are a few tips:

- A good way of creating a training rhythm is to exercise in accordance with your other duties – work, school, family, hobbies, etc. When you have time, for example over the weekend, do a longer workout. When other things take up too much of your time, have a rest day or perform a very short and effective workout, for example circuit training at home.

- Over the week, you should perform at most two high-exertion (high intensity or long duration) workouts. The rest of the exercise should be recuperative and maintaining. Even in goal-oriented training, at least one rest day per week is required, but more than one is often a good idea. When you first start exercising, you should have more rest days than training days.

- Following high-intensity or long-duration workouts or competitions, you should pay special attention to having a sufficient number of rest or recuperative days. Your body needs a much longer recovery period than you may think.

- On a monthly level, it is important that a higher-intensity period of, for example, 2 to 3 weeks is followed by a lighter week. During the recuperative week, your training should be around 50% to 60% of the amount during the high-intensity weeks.

- An annual rhythm means that at some point in the season you will have a notably lighter period, during which you will recover both mentally and physically from active training and competing. For many people, the fall is well suited for such a “transition period” – for recharging the batteries. In the long term, a hiatus is a definite requirement for an upward trend in training.

Suunto t-series heart rate monitors help you create the correct rhythm for your training. Training Effect (in Suunto t3, Suunto t4, and Suunto t6) tells you how stressful an individual workout was, regardless of whether you were recovered or fatigued when you started it. Suunto Coach (in Suunto t4) also tells you what kind of workout you need at a given moment, or even if you need a workout at all.



## VARIATION

**Training stimuli that constantly remain the same are monotonous and tiresome in the long run. One-sided training leads to your fitness level not developing as desired, but instead hitting a plateau or even declining.**

Varied training aims to prevent this kind of situation. Ways of doing this include varying the duration and intensity of workouts, engaging in different sports, changing the way you execute the workout (for example, jogging on a different terrain or training in a group).

You must make sure that your training includes workouts that are both short and long in duration, both really easy and enjoyably brisk. They should include sections that improve your endurance, speed, mobility, and strength, and involve different sports. First and foremost, however, focus on

forms of exercise which keep your spirits and motivation high.

The Training Effect measurement featured in Suunto t3, Suunto t4 and Suunto t6 enables you to ensure that you get enough training at different intensities (i.e., basic endurance training at TE 1–2, more energetic training at TE 3 and harder intensities at TE 4–5) in a suitable ratio. Suunto t1 users should aim to exercise at lower heart rate zones (below 70%) and complement their training program with a few higher-intensity workouts.

## MOTIVATION

**Exercising should be enjoyable and motivating. You can become inspired to exercise for a while for other reasons, but you will soon lose interest if you find it unpleasant. For that reason, you should take part in sports that you like. It also helps if your sport offers the possibility of exercising with like-minded people – or completely alone in your own peace, if that is what you want.**

One clear source of motivation is the improvement in your physical performance level and condition. A heart rate monitor allows you to measure and observe your progress in a simple and straightforward way. For example, a lower resting heart rate or reduced heart rate and exertion during a workout at a standard speed or intensity are signs of progress.

The monitor also helps you proceed wisely towards your goal, whether it's weight loss, running a marathon or better resistance to fatigue. Monitoring your heart rate or Training Effect allows you to ensure that you are training in just the right zone to help you reach your goal.



## BALANCED AND IMPROVING TRAINING WITH SUUNTO t-SERIES HEART RATE MONITORS

- Make sure that you train sufficiently at Training Effect values 1–2, or at a sufficiently low heart rate. The Training Effect value of almost all long-duration workouts and absolutely all recuperative training must remain between 1 and 2. Suunto t1 users can achieve the same by keeping their heart rate between 50% and 70% of maximum according to the individual training schedule.
- Once your basic endurance has developed to a sufficient level through long-duration, low-intensity training, you can include brisker and even hard workouts with a Training Effect value between 3 and 5 in your program. You should remember, however, that you should perform such stressful workouts at most once or twice a week.
- High-intensity training should include energetic, constant-speed workouts, interval training and workouts where you play around with speed. You should also remember to train at the speed you intend to compete at a running, cycling or skiing event. A competition-speed workout acclimates your system and mind to the exertion and speed required by the challenge.
- Monitor your recovery regularly with the heart rate monitor, at least when you are training more often or more intensely. If the monitor indicates overreaching during training or an elevated heart rate in the morning, you should spend enough days resting or doing light and recuperative training. Also remember that correct nutrition, muscle care, and sufficient nightly sleep are important factors in recovery.
- You should perform a controlled workout regularly, once every one or two months, to monitor the changes in your heart rate or Training Effect value at a standard level of exertion. When running, such a “fitness test” could be, for example, a five kilometer route which you always run in the same amount of time. When your average heart rate or Training Effect value decreases, your fitness has improved. To improve the reliability of the test, you should always prepare for it identically for several days. Another version of the same test is to run the route at a standard heart rate (well below your maximum heart rate) and monitor the time running the route takes. Improved time at the same heart rate or Training Effect value indicates improved fitness level.
- Learn to recognize how workouts of different intensity and exertion feel for you. Utilize your heart rate monitor in this learning process. Remember that if a workout feels good, it usually is.
- Determine your personal training intensity zones based on your maximum heart rate for all the sports you practice. **Note that the heart rate limits may vary a lot between different sports. If you use the limits of one sport in another sport, you risk training either too hard or too inefficiently.**
- More or harder does not equal better. If you train too much, too often or too hard, it is much more likely that your fitness, health and motivation will deteriorate than improve. Sensible, long-term exercise will always produce the best end result, and will also reward you along the way.



## SAMPLE WEEKLY TRAINING PROGRAMS

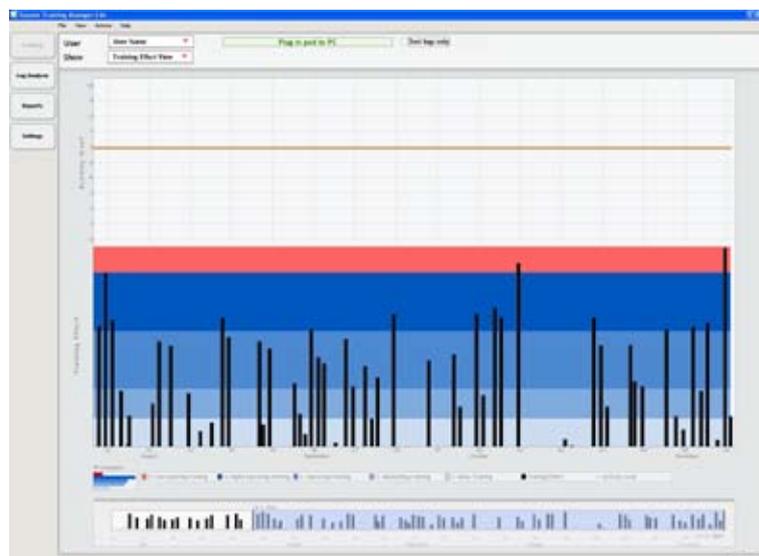
These programs are suited to the most common endurance training sports – running, cycling, swimming, skiing, aerobics, spinning, etc. In addition to your main sport, it would be beneficial for you to practice some other sport during the weeks. The sample weeks follow the 2+1 rhythm, i.e., two harder weeks with more or higher-intensity training are followed by one lighter week.

These weekly programs have a rhythm that is intended to be only an example. Everyone should schedule their training to suit themselves.

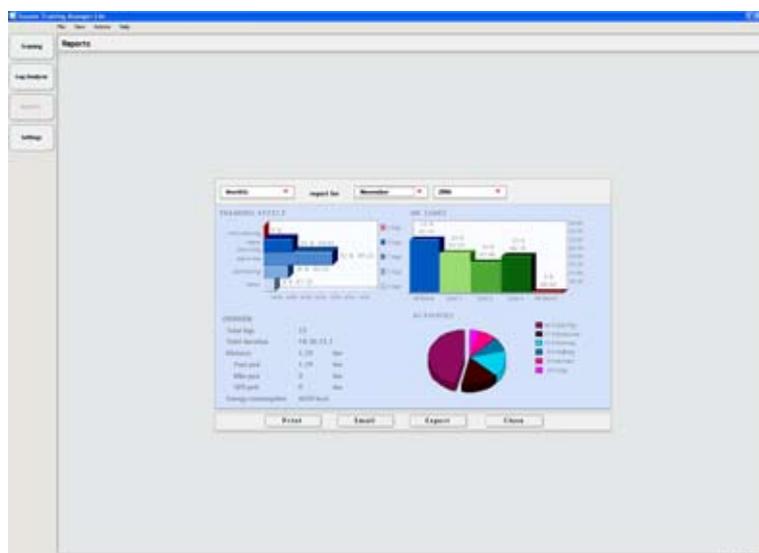
You should also constantly monitor the effect of training on your body and adapt it according to what feels right. Suunto t4 users can have a constantly updated training program in their heart rate monitor with Suunto Coach.

Screenshots from Suunto Training Manager Lite PC software:

- Trainings during few months shown with Training Effect levels



- Summaries of cumulative training data from one month.



Following tables are examples. These are not the unique way to do it.

**BEGINNER** You are just beginning your exercise program and want to build a good basic endurance level and keep the training enjoyable and sensible.



To give you more accurate real time information, the values shown by the Suunto heart rate monitors are given an additional digit, i.e. Training Effect 2 in the table below represents everything between TE 2.0 and 2.9 as shown in the watch.

WEEK 1		REST	TE1	TE2	TE3	TE4	TE5
Mon		REST					
Tue				TE2			
Wed		REST					
Thu					TE3		
Fri			TE1				
Sat		REST					
Sun				TE2 LONG*			

WEEK 2		REST	TE1	TE2	TE3	TE4	TE5
Mon		REST					
Tue				TE2			
Wed		REST					
Thu					TE3		
Fri			TE1				
Sat		REST					
Sun				TE2 LONG*			

WEEK 3		REST	TE1	TE2	TE3	TE4	TE5
Mon		REST					
Tue			TE1				
Wed		REST					
Thu				TE2 LONG*			
Fri		REST					
Sat		REST					
Sun				TE2 SHORT**			

\*around 1½ to 2 times the duration of your standard workout \*\*duration of your standard workout

Following tables are examples. These are not the unique way to do it.



**ACTIVE FITNESS ENTHUSIAST** You exercise relatively regularly and want some variation in your training – and an easier-to-see improvement in your fitness level.

To give you more accurate real time information, the values shown by the Suunto heart rate monitors are given an additional digit, i.e. Training Effect 2 in the table below represents everything between TE 2.0 and 2.9 as shown in the watch.

WEEK 1	REST	TE1	TE2	TE3	TE4	TE5
Mon	REST					
Tue			TE2			
Wed		TE1				
Thu				TE3		
Fri	REST					
Sat			TE2			
Sun			TE2 LONG*			

WEEK 2	REST	TE1	TE2	TE3	TE4	TE5
Mon	REST					
Tue				TE3		
Wed			TE2			
Thu					TE4	
Fri		TE1				
Sat	REST					
Sun			TE2 LONG*			

WEEK 3	REST	TE1	TE2	TE3	TE4	TE5
Mon	REST					
Tue		TE1				
Wed	REST					
Thu			TE2			
Fri	REST					
Sat	REST					
Sun			TE2 SHORT**			

\*around 1½ to 2 times the duration of your standard workout \*\*duration of your standard workout

Following tables are examples. These are not the unique way to do it.



**FITNESS ENTHUSIAST WITH A GOAL** You aim at good results (at least from your point of view) in training for an endurance sport and try to improve your performance level in training as you peak for the season's main event with an upward trend.

To give you more accurate real time information, the values shown by the Suunto heart rate monitors are given an additional digit, i.e. Training Effect 2 in the table below represents everything between TE 2.0 and 2.9 as shown in the watch.

WEEK 1		REST	TE1	TE2	TE3	TE4	TE5
Mon		REST					
Tue					TE3		
Wed			TE1				
Thu						TE4	
Fri			TE1				
Sat				TE2			
Sun				TE2 LONG*			

WEEK 2		REST	TE1	TE2	TE3	TE4	TE5
Mon		REST					
Tue						TE4	
Wed			TE1				
Thu				TE2			
Fri						TE4	
Sat			TE1				
Sun				TE2 LONG*			

WEEK 3		REST	TE1	TE2	TE3	TE4	TE5
Mon		REST					
Tue			TE1				
Wed		REST					
Thu				TE2			
Fri			TE1				
Sat		REST					
Sun				TE2 SHORT**			

\*around 1½ to 2 times the duration of your standard workout \*\*duration of your standard workout

## SUUNTO t1 – POWERFUL, YET EASY TO USE

The Suunto t1 tempers science with style for a sophisticated heart rate monitor that's powerful yet decidedly simple.

Key features:

- Heart Rate
- Calories burned
- Zone training at a glance

Additional functions include dual time, date, alarm and stopwatch.



## SUUNTO t4 – ADAPTING TO YOUR NEEDS

The Suunto t4 adapts to your changing physiology, making on-target recommendations for achieving optimal physical condition. Whether an athlete accepts or declines a recommended workout, the Suunto t4 continues to monitor and adapt, maintaining an up-to-date plan for the athlete's progress. Competitive endurance sports: running, cycling, mountain biking, cross country skiing, triathlons and more.

Key features:

- Suunto Coach (adaptive training advisor)
- Training Effect
- Heart Rate
- Calories burned
- Logbook
- Speed and distance with optional Suunto PODs



Additional functions include dual time, date, alarm, and stopwatch with splits and laps. With optional PC POD and software, you can easily maintain a personal training log on your PC.

## SUUNTO t3 – YOUR EVERYDAY WORKOUT PARTNER

The Suunto t3 logs your progress and helps you reach goals via Training Effect or traditional heart rate zones.

Key Features:

- Training Effect
- Heart Rate
- Calories burned
- Logbook
- Speed and distance with optional Suunto PODs

Additional functions include dual time, date, alarm and stopwatch with splits and laps. With optional PC POD, you can transfer data to your PC and maintain a personal training log.



\*Suunto t3 and the GPS POD won the ISPO Outdoor Award, Munich, Germany, 2006

## SUUNTO t6 – THE PROFESSIONAL'S CHOICE

The Suunto t6 provides a sports-laboratory-accurate assessment of your cardiovascular training, guiding you toward optimal condition in the shortest time possible. Unique among personal training devices, the Suunto t6 calculates seven different body parameters including:

- Heart Rate
- Energy consumption
- Ventilation
- Oxygen consumption (VO<sub>2</sub>)
- Respiratory rate
- Training Effect
- EPOC (Excess Post-exercise Oxygen Consumption)



\*Best of fitness Gear 2006, Health Magazine, USA

Coupled with Suunto Training Manager PC software, the Suunto t6 helps you or your trainer create and continuously update the ideal training program. Wristop features include dual time, date, alarm, stopwatch with splits and laps, altimeter with hill and altitude performance, barometer and thermometer. Speed and distance are available with optional Suunto PODs.

## COPYRIGHT

*This publication and its contents are proprietary to Suunto Oy. 1/2007.*

*Suunto, wristop computer, Suunto t1, Suunto t3, Suunto t4, Suunto t6, and their logos are registered or unregistered trademarks of Suunto Oy. All rights reserved.*

*While we have taken great care to ensure that information contained in this documentation is both comprehensive and accurate, no warranty of accuracy is expressed or implied. Its content is subject to change at any time without notice.*

*EPOC and Training Effect is provided and supported by Firstbeat technologies, [www.firstbeattechnologies.com](http://www.firstbeattechnologies.com).*

*Issue 1*