Phase 3: Anaerobic-endurance Training

- During phase 3, the primary focus is to improve performance.
- Assessment of the client's cardiorespiratory capacity at the second ventilatory threshold (VT2) is appropriate.
- Higher-intensity intervals that develop anaerobic endurance are introduced.

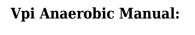
Balancing training time spent below VT1, between VT1 and VT2,

and at or above VT2 should be considered.

- Zone 1 (< VT1): 70–80% of training time
- Zone 2 (VT1 to < VT2): <10% of training time
- Zone 3 (≥ VT2): 10–20% of training time
- The personal trainer should watch for signs of overtraining and scale back the program if symptoms occur.

Vpi Anaerobic Manual

R Sandford



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