

BRAIN,
HEART & SPORT

**SWIMMING
FOR LIFE**

SESSION 1

SESSION 1

TECHNIQUES

To get knowledge of swimming such as its techniques.

SESSION 2

STAMINA

Aerobically stamina training.

SESSION 3

HIT

Improving Stamina through hit.

SESSION 4

STAMINA & GAMES

Improving stamina through games.

SESSION 5

BREATH

Learning to breath into the water and diving.

SESSION 6

CRAWL STYLE

Improving crawl style.

SESSION 7

BREASTSTROKE STYLE 1

Improving breaststroke style.

SESSION 8

BREASTSTROKE STYLE 2

Backstroke style.

SESSION 9

SWIMMING AND STAMINA

Improving stamina through swimming.

ANNEX

WARM UP COOL DOWN STAMINA

Didactical part of the second session.



STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

...

1 STAND UP STRAIGHT

3 TRAIN FOR LIFE

4 PREPARING THE FIRST
LESSONS OF SWIMMING

5 WATER AEROBICS

6 QUICK PICK

SESSION 1 > TECHNIQUES

To get knowledge of swimming such as its techniques



60 minutes

MAIN SESSION

TECHNIQUES OF SWIMMING

Describes to the students the importance of the following exercises, you can use the attachments at the end of the unit:

- › Front crawl technique
- › Breaststroke technique
- › Backstroke technique
- › Butterfly stroke technique

HOW TO SWIM IN A STRAIGHT LINE

Describes to the students the importance of the following exercises, you can use the attachments at the end of the unit:

- › flotation
- › paddling

HOW TO BREATH WHILE SWIMMING

Describes to the students the importance of the following exercises, you can use the attachments at the end of the unit:

- › breathing
- › expiration

DRY SIDE EXERCISES

Describes to the students the importance of the following exercises, you can use the attachments at the end of the unit:

- › Stretching
- › Stamina

BRAIN,
HEART & SPORT

**SWIMMING
FOR LIFE**

SESSION 2

SESSION 1

TECHNIQUES

To get knowledge of swimming such as its techniques.

SESSION 2

STAMINA

Aerobically stamina training.

SESSION 3

HIT

Improving Stamina through hit.

SESSION 4

STAMINA & GAMES

Improving stamina through games.

SESSION 5

BREATH

Learning to breath into the water and diving.

SESSION 6

CRAWL STYLE

Improving crawl style.

SESSION 7

BREASTSTROKE STYLE 1

Improving breaststroke style.

SESSION 8

BREASTSTROKE STYLE 2

Backstroke style.

SESSION 9

SWIMMING AND STAMINA

Improving stamina through swimming.

ANNEX

WARM UP COOL DOWN STAMINA

Didactical part of the second session.



STAFF

1 teacher

DURATION OF THE SESSION

30 minutes

EQUIPMENT

sportswear

1 STAND UP STRAIGHT

3 TRAIN FOR LIFE

4 PREPARING THE FIRST
LESSONS OF SWIMMING

5 WATER AEROBICS

6 QUICK PICK

SESSION 2 > STAMINA

Aerobically Stamina Training



15 minutes

WARM UP

- › Give some information about how to carry out the workout through the heart rate
- › Smooth run to increase body temperature
- › Active stretching



30 minutes

MAIN SESSION

CONTINUOUS METHOD

- › Taking heart rate before start running

- › 25 minutes continuous running trying to keep the heart rate between 120-160 bpm

- › Taking heart rate again to compare it with the rate got previously



15 minutes

COOL DOWN

- › 2' Walking to slow down heart rate
- › Passive stretching
- › Get feedback from participants
- › Daily survey
- › Change clothes and tidy up oneself

BRAIN,
HEART & SPORT

**SWIMMING
FOR LIFE**

SESSION 3

SESSION 1

TECHNIQUES

To get knowledge of swimming such as its techniques.

SESSION 2

STAMINA

Aerobically stamina training.

SESSION 3

HIT

Improving Stamina through hit.

SESSION 4

STAMINA & GAMES

Improving stamina through games.

SESSION 5

BREATH

Learning to breath into the water and diving.

SESSION 6

CRAWL STYLE

Improving crawl style.

SESSION 7

BREASTSTROKE STYLE 1

Improving breaststroke style.

SESSION 8

BREASTSTROKE STYLE 2

Backstroke style.

SESSION 9

SWIMMING AND STAMINA

Improving stamina through swimming.

ANNEX

WARM UP COOL DOWN STAMINA

Didactical part of the second session.



STAFF

1 teacher

DURATION OF THE SESSION

15 minutes

EQUIPMENT

sportswear

1 STAND UP STRAIGHT

3 TRAIN FOR LIFE

4 PREPARING THE FIRST
LESSONS OF SWIMMING

5 WATER AEROBICS

6 QUICK PICK

SESSION 3 > HIT

Improving Stamina through HIT



15 minutes

WARM UP

*For more details check
the Warm Up session
at the beginning.*



30 minutes

MAIN SESSION



25 minutes

- › 10 sets of 2' at an Intensity of 150-180 bpm with a rest of 30-45" between sets



5 minutes

- › Smooth run to slow down heart
reat



15 minutes

COOL DOWN

*For more details check
the Cool Down session
at the beginning.*

BRAIN,
HEART & SPORT

**SWIMMING
FOR LIFE**

SESSION 4

SESSION 1

TECHNIQUES

To get knowledge of swimming such as its techniques.

SESSION 2

STAMINA

Aerobically stamina training.

SESSION 3

HIT

Improving Stamina through hit.

SESSION 4

STAMINA & GAMES

Improving stamina through games.

SESSION 5

BREATH

Learning to breath into the water and diving.

SESSION 6

CRAWL STYLE

Improving crawl style.

SESSION 7

BREASTSTROKE STYLE 1

Improving breaststroke style.

SESSION 8

BREASTSTROKE STYLE 2

Backstroke style.

SESSION 9

SWIMMING AND STAMINA

Improving stamina through swimming.

ANNEX

WARM UP COOL DOWN STAMINA

Didactical part of the second session.



STAFF

1 teacher

DURATION OF THE SESSION

30 minutes

EQUIPMENT

sportwear

1 STAND UP STRAIGHT

3 TRAIN FOR LIFE

4 PREPARING THE FIRST
LESSONS OF SWIMMING

5 WATER AEROBICS

6 QUICK PICK

SESSION 4 > STAMINA&GAMES

Improving stamina through games



15 minutes

WARM UP

*For more details check
the Warm Up session
at the beginning.*



30 minutes

MAIN SESSION

THIEVES AND COPS

Description of the test

Split the class into two groups one of them are policemen and the other group are thieves, first group has to tag all thieves as fast as possible and take them to the jail, but thieves can be released by their mates tagging them the hand while stay at jail.

Once all policemen get into the jail all thieves the roles change.

STEAL TAILS

Description of the test

Split the class into two groups, one of them has a chest guard held by the pants or shorts leaving the most part of the chest guard hanging behind. The other group has to steal all the chest guards, when it happens the groups change their roles. The group which gets all the tails faster wins the game.

STEAL THE FLAG

Description of the test

Capture the Flag is a favorite game to play outdoors.

There are two teams. Team 1 has the front yard and Team 2 has the back yard. The teams are given a time period (e.g. 5 minutes) to hide their flag in their part of the yard. During this period spies were sent out to see where the flag was hidden as well as look-outs to catch the spies.

When the flag is hidden you call out that you are finished. Then you simply try to get the other teams flag. If you get caught and tagged by the opponent on their territory you had to go to jail and could only be freed by a teammate who grabs you when your opponent isn't looking.

The first team to capture the flag wins.

3 FIELDS OR WITCHES, GOBLINS AND MONSTERS

Description of the test

Rule of the game: Witches chase Goblins, Goblins chase Monsters, and Monsters chase Witches. Split the class into three groups. Each group huddles in a corner (home) and decides whether they want to be a Witch, Goblin, or Monster. On the count of three one person from each group yells out what they are (Witches, Goblins, or Monsters). One group is chasing the other group or running from the other group depending on what they decided they were going to be. Example: If group one chose Witches, and group two chose Monsters....then group one runs to their safe home base because Monsters chase Witches.



15 minutes

COOL DOWN

*For more details check
the Cool Down session
at the beginning.*

Change clothes
and tidy up
oneself

BRAIN,
HEART & SPORT

**SWIMMING
FOR LIFE**

SESSION 5

SESSION 1

TECHNIQUES

To get knowledge of swimming such as its techniques.

SESSION 2

STAMINA

Aerobically stamina training.

SESSION 3

HIT

Improving Stamina through hit.

SESSION 4

STAMINA & GAMES

Improving stamina through games.

SESSION 5

BREATH

Learning to breath into the water and diving.

SESSION 6

CRAWL STYLE

Improving crawl style.

SESSION 7

BREASTSTROKE STYLE 1

Improving breaststroke style.

SESSION 8

BREASTSTROKE STYLE 2

Backstroke style.

SESSION 9

SWIMMING AND STAMINA

Improving stamina through swimming.

ANNEX

WARM UP COOL DOWN STAMINA

Didactical part of the second session.



STAFF

1 teacher

DURATION OF THE SESSION

30 minutes

EQUIPMENT

swimsuit, slippers, towel,
goggles (recommended)

1 STAND UP STRAIGHT

3 TRAIN FOR LIFE




4 PREPARING THE FIRST
LESSONS OF SWIMMING

5 WATER AEROBICS

6 QUICK PICK

SESSION 5 > BREATH

Learning to breath into the water and diving

 15 minutes	 30 minutes			 15 minutes
WARM UP	MAIN SESSION			COOL DOWN
<i>For more details check the Warm Up session at the beginning.</i>	① Get the face into the water and release the air through the mouth	② The same exercise but releasing the air through the nose	③ Hanging on the edge of the pool moving feet, taking breath rising the head and releasing the air little by little into the water	<i>For more details check the Cool Down session at the beginning.</i> Change clothes and tidy up oneself
	④ The same but releasing the air by the nose	⑤ The same but taking the air by one side	⑥ Diving to get objects from the bottom of the pool (progressively increasing the depth)	

BRAIN,
HEART & SPORT

**SWIMMING
FOR LIFE**

SESSION 6

SESSION 1

TECHNIQUES

To get knowledge of swimming such as its techniques.

SESSION 2

STAMINA

Aerobically stamina training.

SESSION 3

HIT

Improving Stamina through hit.

SESSION 4

STAMINA & GAMES

Improving stamina through games.

SESSION 5

BREATH

Learning to breath into the water and diving.

SESSION 6

CRAWL STYLE

Improving crawl style.

SESSION 7

BREASTSTROKE STYLE 1

Improving breaststroke style.

SESSION 8

BREASTSTROKE STYLE 2

Backstroke style.

SESSION 9

SWIMMING AND STAMINA

Improving stamina through swimming.

ANNEX

WARM UP COOL DOWN STAMINA

Didactical part of the second session.



STAFF
1 teacher

DURATION OF THE SESSION
30 minutes

EQUIPMENT
swimsuit, slippers, towel,
goggles (recommended)

- 1 STAND UP STRAIGHT
- 3 TRAIN FOR LIFE
- 4 PREPARING THE FIRST LESSONS OF SWIMMING
- 5 WATER AEROBICS
- 6 QUICK PICK

SESSION 6 > CRAWL STYLE

Improving crawl style

<div></div> <div>15 minutes</div> <div>WARM UP</div> <div><i>For more details check the Warm Up session at the beginning.</i></div>	<div><div><div><div><div></div><div>30 minutes</div></div><div>MAIN SESSION</div></div><div><div><div>①</div><div>Kicking crawl workout using “kick boards”</div></div><div><div>②</div><div>One side crawl style using “kick boards”</div></div><div><div>③</div><div>Upper body workout, crawl style using pull buoy</div></div><div><div>④</div><div>Crawl style focused on keeping streamline and a coordinated breathing</div></div></div></div></div>				<div><div></div><div>15 minutes</div><div>COOL DOWN</div><div><i>For more details check the Cool Down session at the beginning.</i></div><div>Change clothes and tidy up oneself</div></div>
---	---	--	--	--	--

BRAIN,
HEART & SPORT

**SWIMMING
FOR LIFE**

SESSION 7

SESSION 1

TECHNIQUES

To get knowledge of swimming such as its techniques.

SESSION 2

STAMINA

Aerobically stamina training.

SESSION 3

HIT

Improving Stamina through hit.

SESSION 4

STAMINA & GAMES

Improving stamina through games.

SESSION 5

BREATH

Learning to breath into the water and diving.

SESSION 6

CRAWL STYLE

Improving crawl style.

SESSION 7

BREASTSTROKE STYLE 1

Improving breaststroke style.

SESSION 8

BREASTSTROKE STYLE 2

Backstroke style.

SESSION 9

SWIMMING AND STAMINA

Improving stamina through swimming.

ANNEX

WARM UP COOL DOWN STAMINA

Didactical part of the second session.



STAFF
1 teacher




DURATION OF THE SESSION
30 minutes

EQUIPMENT
swimsuit, slippers, towel,
goggles (recommended)

- 1 STAND UP STRAIGHT
- 3 TRAIN FOR LIFE
- 4 PREPARING THE FIRST LESSONS OF SWIMMING
- 5 WATER AEROBICS
- 6 QUICK PICK

SESSION 7 > BREASTSTROKE STYLE 1

Improving breaststroke style

 15 minutes	 30 minutes	 15 minutes	
WARM UP	MAIN SESSION		COOL DOWN
<i>For more details check the Warm Up session at the beginning.</i>	① Breaststroke kick holding onto the pool edge	② Breaststroke kick with a water noodle placed across your chest and under your armpits	<i>For more details check the Cool Down session at the beginning.</i> Change clothes and tidy up oneself
	④ Breaststroke arms movement with a pull buoy held between legs	⑤ Breaststroke style coordinating arms legs and breath	

BRAIN,
HEART & SPORT

**SWIMMING
FOR LIFE**

SESSION 8

SESSION 1

TECHNIQUES

To get knowledge of swimming such as its techniques.

SESSION 2

STAMINA

Aerobically stamina training.

SESSION 3

HIT

Improving Stamina through hit.

SESSION 4

STAMINA & GAMES

Improving stamina through games.

SESSION 5

BREATH

Learning to breath into the water and diving.

SESSION 6

CRAWL STYLE

Improving crawl style.

SESSION 7

BREASTSTROKE STYLE 1

Improving breaststroke style.

SESSION 8

BREASTSTROKE STYLE 2

Backstroke style.

SESSION 9

SWIMMING AND STAMINA

Improving stamina through swimming.

ANNEX

WARM UP COOL DOWN STAMINA

Didactical part of the second session.



STAFF
1 teacher




DURATION OF THE SESSION
30 minutes

EQUIPMENT
swimsuit, slippers, towel,
goggles (recommended)

- 1 STAND UP STRAIGHT
- 3 TRAIN FOR LIFE
- 4 PREPARING THE FIRST LESSONS OF SWIMMING
- 5 WATER AEROBICS
- 6 QUICK PICK

SESSION 8 > BREASTSTROKE STYLE 2

Backstroke style

<div></div> <div>15 minutes</div>	<div></div> <div>30 minutes</div>	<div></div> <div>15 minutes</div>	
WARM UP	MAIN SESSION		COOL DOWN
<div>For more details check the Warm Up session at the beginning.</div>	<div>①</div> <div>Breaststroke kick holding onto the pool edge</div>	<div>②</div> <div>Backstroke held onto a kickboard</div>	<div>For more details check the Cool Down session at the beginning.</div> <div>Change clothes and tidy up oneself</div>
	<div>④</div> <div>Backstroke held onto a pull buoy between legs and make arm movement</div>	<div>⑤</div> <div>Backstroke keeping the streamline</div>	

BRAIN,
HEART & SPORT

**SWIMMING
FOR LIFE**

SESSION 9

SESSION 1

TECHNIQUES

To get knowledge of swimming such as its techniques.

SESSION 2

STAMINA

Aerobically stamina training.

SESSION 3

HIT

Improving Stamina through hit.

SESSION 4

STAMINA & GAMES

Improving stamina through games.

SESSION 5

BREATH

Learning to breath into the water and diving.

SESSION 6

CRAWL STYLE

Improving crawl style.

SESSION 7

BREASTSTROKE STYLE 1

Improving breaststroke style.

SESSION 8

BREASTSTROKE STYLE 2

Backstroke style.

SESSION 9

SWIMMING AND STAMINA

Improving stamina through swimming.

ANNEX

WARM UP COOL DOWN STAMINA

Didactical part of the second session.



STAFF

1 teacher

DURATION OF THE SESSION

30 minutes

EQUIPMENT

swimsuit, slippers, towel,
goggles (recommended)

1 STAND UP STRAIGHT

3 TRAIN FOR LIFE

4 PREPARING THE FIRST
LESSONS OF SWIMMING

5 WATER AEROBICS

6 QUICK PICK

SESSION 9 > SWIMMING AND STAMINA

Improving stamina through swimming



15 minutes

WARM UP

*For more details check
the Warm Up session
at the beginning.*



30 minutes

MAIN SESSION

①

200 m. breaststroke style and take the
heart rate (must be between 120 and
160)

②

200 m. backstroke style and take the
heart rate (must be between 120 and
160)

③

200 m. crawl style at least (must be
between 120 and 160)



15 minutes

COOL DOWN

*For more details check
the Cool Down session
at the beginning.*

Change clothes
and tidy up
oneself



Special Sport for Special People



Co-funded by the
Erasmus+ Programme
of the European Union

BRAIN,
HEART & SPORT

SWIMMING FOR LIFE

ANNEX

SESSION 1

TECHNIQUES

To get knowledge of swimming such as its techniques.

SESSION 2

STAMINA

Aerobically stamina training.

SESSION 3

HIT

Improving Stamina through hit.

SESSION 4

STAMINA & GAMES

Improving stamina through games.

SESSION 5

BREATH

Learning to breath into the water and diving.

SESSION 6

CRAWL STYLE

Improving crawl style.

SESSION 7

BREASTSTROKE STYLE 1

Improving breaststroke style.

SESSION 8

BREASTSTROKE STYLE 2

Backstroke style.

SESSION 9

SWIMMING AND STAMINA

Improving stamina through swimming.

ANNEX

WARM UP COOL DOWN STAMINA

Didactical part of the second session.



STAFF

1 teacher

DURATION OF THE SESSION

...

EQUIPMENT

swimsuit, slippers, towel,
goggles (recommended)

1 STAND UP STRAIGHT

3 TRAIN FOR LIFE

4 PREPARING THE FIRST
LESSONS OF SWIMMING

5 WATER AEROBICS

6 QUICK PICK

ANNEX > WARM UP - COOL DOWN - STAMINA

Didactical part of the second session

WARM UP

WHAT IS WARM UP?

A warm-up is usually performed before participating in technical sports or exercising.

A warm-up generally consists of a gradual increase in intensity in physical activity (pulse raiser), a joint mobility exercise, stretching and a sport related activity.

PARTS OF WARM UP

The general warm-up

Joint rotations

Fingers and knuckles, wrists, elbows, shoulders, neck, trunk/waist, hips, legs, knees, ankles and toes.

Aerobic activity

Running, jogging, games, etc..

Warm up stretching

Static stretching

Back, sides (external obliques), neck, forearms and wrists, triceps, chest, buttocks, groin (adductors), thighs (quadriceps and abductors), calves, shins, hamstrings and instep.

Dynamic stretching

Involves a controlled, soft bounce or swinging motion.

The sports specific warm up

The same movements that will be used during the athletic event but at a reduced intensity.

Such sport-specific activity is beneficial because it improves coordination, balance, strength, and response time, and may reduce the risk of injury.

COOL DOWN

WHAT IS COOL DOWN?

Cool-down is an easy exercise that will allow the body to gradually transition from a post-workout state to a resting or near-resting state.

PARTS OF COOL DOWN

Gentle exercise

Jogging or walking

Stretching

Static stretching and PNF stretching is usually best.

Re-fuel

Both fluid and food are important.

WHY IS IMPORTANT TO COOL DOWN?

Promote recovery and return the body to a pre exercise, or pre work out level.

Help with the post exercise muscle soreness that is usually experienced the day after a tough work out.

Assist your body in its repair process

STAMINA

WHAT IS STAMINA?

Stamina helps your muscles to work for a long period of time, no matter the intensity.

TYPES OF STAMINA

AEROBIC STAMINA

Means with Oxygen.

Your heart and lungs supply enough oxygen to the muscles to maintain the level of exercise.

This equation explains the process of respiration:

Glucose + Oxygen= Carbon dioxide + water + Energy

The Carbon dioxide and water are breather out. Water is also lost through sweat.

As long as you get enough Oxygen to the muscles, this can continue for long periods.

ANAEROBIC STAMINA

Means without oxygen.

Your heart and lungs do not supply enough Oxygen to the muscles to maintain exercise.

This is the equation:

Glucose= Lactic acid + Energy

Lactic acid builds up in the muscles because there isn't enough Oxygen.

Lactic acid makes your muscles feel very tired and heavy.

Soon enough you have to slow down or stop altogether.

TRAINING STAMINA METHODS

CONTINUOUS TRAINING

This type of exercise is, as the name suggests, continuous! Rest is not allowed. To achieve this you must exercise at a constant rate which is within your AEROBIC TRAINING ZONE (60-80% maximum heart rate). Continuous training should last for bouts at least 20 minutes (when starting) up to 2 hours or more!

Advantages

Disadvantages

WHY IS IMPORTANT TO WARM UP?

Prepare the body and mind before exercise.
Increase the body's muscle temperature to make the muscles loose, supple and pliable.
Prepare the muscles, tendons and joints for more strenuous activity.
Reduce the risk of injury.
Increased speed of contraction and relaxation of warmed muscles.
Dynamic exercises reduce muscle stiffness.
Greater economy of movement because of lowered viscous resistance within warmed muscles.
Facilitated oxygen utilization.
Facilitated nerve transmission and muscle metabolism at higher temperatures.
Increased blood flow through active tissues as local vascular beds dilate, increasing metabolism and muscle temperatures.

Helps all this by keeping the blood circulating
Prevent blood pooling and also removes waste products from the muscles.
Aid in the dissipation of waste products - including lactic acid.
Reduce the potential for DOMS.
Reduce the chances of dizziness or fainting caused by the pooling of venous blood at the extremities.
Reduce the level of adrenaline in the blood.
Allows the heart rate to return to its resting rate.

Needs only a small amount of easy to use, accessible equipment if any.
Good for aerobic fitness.
Good for losing weight.

Can be boring.
Doesn't improve anaerobic fitness so isn't as good for team games like football which involve short burst of speed.

CONTINUOUSLY VARIABLE TRAINING

In this case stop is also not allowed but the workout is carried out changing the rhythm of the run.

INTERVAL TRAINING

Intervals are periods of exercising hard, with rest or low intensity periods inbetween. For example you may run 100 meters at 85% and then 200 at 50% to recover. This is one rep. you may perform this 5-10 times, which would complete the set.

Advantages

Can mix aerobic and anaerobic exercise which replicates team games.
It makes it easier for a coach to see when the athlete isn't trying.

Disadvantages

It can be hard to keep going when you start to fatigue.
Can become boring.

HIGH INTENSIVE INTERVAL TRAINING (HIIT)

This type of training involves repeat bouts of high intensity effort followed by varied recovery times.
This intense work period may range from 5 seconds to 8 minutes long, and are performed at 80 to 95% of a person's estimated maximal heart rate, the maximum number of times your heart will beat in a minute without overexerting yourself.
The recovery periods may last equally as long as the work and are usually performed at 40 to 50% of a person's estimated maximum heart rate.

Advantages

HIIT has been shown to improve:
Aerobic and anaerobic fitness
Blood pressure
Cardiovascular health
Insulin sensitivity
Cholesterol profiles
Abdominal fat and body weight while maintaining muscle mass.

Disadvantages

It can be hard to keep doing when you start.
Movements are multi-jointed complex and done in quick successions.

STAMINA THROUGH GAMES

This is the funniest and easy way to work stamina with young people; it allows you to change your training routine into a leisure session. While students are playing and having fun also are improving their stamina level.

HEART RATE

How to make a proper workout through heart rate.

It is important to know how I can improve my physical level and how to train to reach specifically goals.

First think we need to know is, what is my maximum Heart rate? Using this formula:

MHR= 220-age

Once we know this we can start developing a proper training program because depending the heart rate zone we are working we will develop different kind of stamina, such as:

AEROBIC TRAINING METHODS (CONTINUOUS TRAINING)	AEROBIC-ANAEROBIC METHODS (GAMES)	ANAEROBIC METHODS
Must be performed in-between 40-70% of maximum heart rate.	Must be performed in-between 70-80% of maximum heart rate.	With presence of lactic acid: must be performed in-between 80-90% of maximum heart rate. Without presence of lactic acid: must be performed in-between 90-100% of maximum heart rate.