

How do you use 'split times'? 分段計時

It's no secret that measuring your heart rate is the best way to monitor your progress in cardiopulmonary training. 'Split time' training takes it one step further. 'Split time' refers to the time it takes to travel, cycle or run for instance, a certain distance. By setting training targets and then splitting them up improvements can be made. It's a useful training tool for everyone, novice to pro, because real progress (ie shorter finish times or longer routes) is measurable, and encouraging. Begin by doing a 5k test to find out your Goal Pace (GP), which is a steady speed (mins/km) 5k run with medium effort (get a little out of breath). Use this GP to set targets for interval training/split timing. For example, try to shorten your sprint finish time by about 10-30 sec/km or lengthen your jogging finish time for about 10-30sec/km. In other words go out faster and finish slower or start slow and have more energy to finish fast (known as 'negative splits').

Moreover, this 5k GP trial can help predict your longer race finish time by using the equations below:

5k finish time X 2.1 = 10k estimated finish time

10k finish time X 4.95 = marathon estimated finish time

眾所周知，量度心率是監察心肺功能鍛鍊成果的最佳方法。“分段計時”模式則更進一步。所謂“分段計時”，是指完成一段路程（單車、跑步皆可）所需要的時間。只要訂下訓練目標，再分成若干段，自然可以見到成績。這種訓練方法適合任何人士（新手或專業運動員皆宜），一來訓練成果能夠加以量度（譬如縮短了時間，又或者可以跑更長的距離等），二來兼具鼓舞作用。第一步是試跑5公里，藉此計算自己的目標速度(GP)，亦即以平穩步調(有點喘氣的樣子)跑完5公里的速度(分鐘 / 公里)。然後以GP基準，訂出間隔 / 分段訓練的目標。譬如，嘗試令短跑完成時間減少約10-30秒 / 公里，或令緩步跑的完成時間延長約10-30秒 / 公里。換言之，起步快，後段減慢；或起步稍慢，留力在尾段加速(俗稱“後段加速”)。此外，透過以下的方程式，你可以根據5公里GP預測長跑賽事的完成時間：

5公里完成時間 x 2.1 = 10公里的預測完成時間

10公里完成時間 x 4.95 = 馬拉松賽事的預測完成時間

