Step 4: 80% of 130 = 104
Step 5: 91 + 65 = 156
Step 6: 104 + 65 = 169

Her fitness work (aerobic endurance) should perform in a range between 156 and 169 beats per minute.

6. ASPECTS TO CONSIDER OR RECOMMENDATIONS IN ENDURANCE WORK:

• We always work first aerobic endurance and based on this, anaerobic resistance will be developed.
• It can be worked with attractive formulas like running in company, varied places or resource utilization (mp3, heart rate monitors ...).
• Respect the work intensity (principle of individualization).
• It is important to maintain continuity in working with a gradual increase of effort. Go from little to much.
• Hydrate adequately before, during and after training especially on hot days. From a 2% loss of body water may cause a decrease in performance that could progressively increase to reach a collapse and even sudden death.
• In activities that exceed one hour training, it is advisable to take foods rich in carbohydrates: bananas, nuts, dried fruit (raisins, apricots ...) to avoid the dreaded "slut", whose symptoms include dizziness, weakness, loss of balance and coordination, unconsciousness.
• There are other fun and motivating exercises to improve aerobic besides race activities such as swimming, walking, cycling, rowing, skating, skiing, etc.

7. ADAPTATIONS AND OTHER POSITIVE EFFECTS OF ENDURANCE WORK

• About the sport:
  + Aerobic endurance is the basis of any training or physical activity.
  + The development of stamina ensures an improvement in the ability to maintain medium or high effort over much longer time and a greater and more effective recovery.

• On health:
  + It delays and decreases the chance of occurrence of cardio-respiratory and musculoskeletal diseases.
  + It’s the best and quickest way to lose weight.
  + It has benefits on the cardiorespiratory system: increases the capacity of the heart, increases the volume and thickness of the walls of the heart, increases vascularization (capillary rise), decreases resting heart rate, increase the body’s defenses, decrease body fat, increase the transport capacity of nutrients and O2...
  + It has psychological benefits, helps us to be in a good mood, reducing stress, anxiety and depression, improving self-awareness, concentration...
  + It is cheap and simple, it is to everyone. It does not require large facilities.
  + Healthy lifestyle in general, for instance, you will sleep and rest better causing with that a vitality increasing.