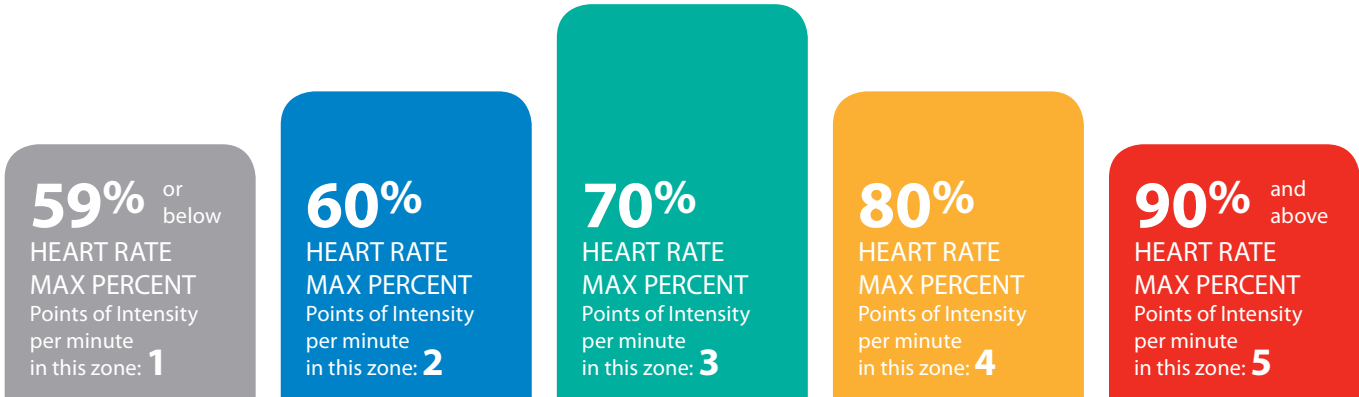




ZONE TRAINING CHART



FUEL SOURCE:

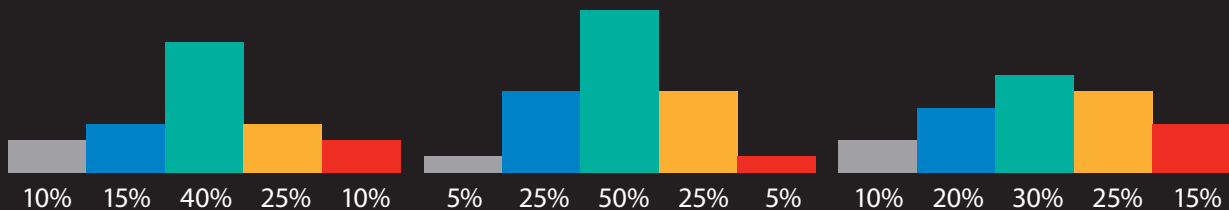
FATS

CARBOHYDRATES

EXAMPLE: Ideal minutes per ZONE. Ideal Intensity points = 200 points of intensity per hour

5-10 Minutes	10-15 Minutes	20-30 Minutes	5-15 Minutes	5-10 Minutes
ZONE 1	ZONE 2	ZONE 3	ZONE 4	ZONE 5
Warm up, moderate, easy	Weight control, fitness, feeling good	Aerobic endurance, moving & grooving	Extreme aerobic intervals, not talkative	Focused race pace, VO² MAX
59% or less Max HR.	60% - 69% Max HR.	70% - 79% Max HR.	80% - 89% Max HR.	No interest in talking. This is typically an all out effort. A small percentage of time in this zone is suggested. Significant effort is required.
An easy and comfortable zone. You should not have difficulty holding a conversation. This is a typical zone for walking or for warming up.	This is a great zone to increase your warm up and also for active recovery. For those who desire a higher percentage of fat being used as fuel for exercise. Conversation can be maintained.	Perfect for steady state endurance runs or biking and general exercise. GREEN is good, the more the BETTER. You should feel a major change in breathing pattern from light to deeper.	Talking is typically minimal if at all. Concentration on the activity is the focal point. Perfect for interval training. The effort is NOT sustainable, but can be maintained for a brief period of time.	

Examples of max heart rate percentages during various types of exercise



Cycling

Cardio Fitness

H.I.I.T.

Max Heart Rate Training even though adjusted for age can be high or low depending on the current condition of the individual.