



Training Heart Rate

Zones (Info Guide)

Find Max Heart Rate (MHR):

220 - (age) = _____

Find your zone (example):

Example MHR is 180 bpm. 60% of 180 gives you your top number Zone 1:

Enter into calculator: $0.60 \times 180 \rightarrow$ this equals 108, so 108 is your 60%

****Use YOUR OWN MHR to calculate these!**

Zone 1: LISS (Low-intensity Steady-State Activity) & Walking (50-60% MHR) •

<Recovery= and light activity zone (think housework, recovering from exertion, etc) •

My Zone 1: _____ - _____

Zone 2: <Slow Fat Burn Zone= (60-70% MHR)

- 85% kCals here burned from body fat (boosts mitochondrial efficiency) •
- Strengthens heart (increased cardiac output & stroke volume $\rightarrow$ lowers HR) •
- Feels like: powerwalking; pushing exertion but can still have a conversation

• My Zone 2: _____ - _____

Zone 3: Intervals (70-80% MHR)

- Improves cardiorespiratory capacity (aka ENDURANCE —ability to exercise longer)
- Builds muscle strength and endurance

• My Zone 3: _____ - _____

Zone 4: Sprints / Short INTENSE BURSTS of Exercise (80-90% MHR)

- Anaerobic: burns glycogen rather than oxygen
- Boosts metabolism; Increases resistance to lactic acid buildup; Builds lean muscle mass

• My Zone 4: _____ - _____

Zone 5: Explosive Power (90+% MHR)

- Max exertion; generally enters into maximum lactate reliance - an alternate fuel when the body needs lots of immediate energy

- My Zone 5 entry: _____

Defy the Odds and Take Your Health Back