

HEART RATE TRAINING ZONES

NAME: _____

MAX HR: _____ BPM

RESTING HR: _____ BPM

DATE: _____

Zone 1	<i>50-60%</i>	_____ - _____	Recovery & Warm-up
Zone 2	<i>60-70%</i>	_____ - _____	Aerobic Base / Fat Burn
Zone 3	<i>70-80%</i>	_____ - _____	Aerobic Fitness / Tempo
Zone 4	<i>80-90%</i>	_____ - _____	Anaerobic Threshold
Zone 5	<i>90-100%</i>	_____ - _____	Maximum Performance

Calculated using Karvonen Formula or Max HR Percentage. Consult a physician before starting high-intensity programs.