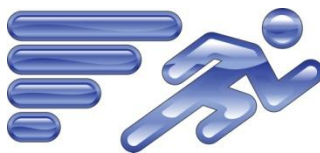


<u>Zone</u>	<u>What it does</u>	<u>% of max HR</u>
Fat Burning: Long, slow runs, easy or recovery runs	Training in this zone improves the ability of your heart to pump blood and improve the muscles' ability to utilize oxygen. The body becomes more efficient at feeding the working muscles, and learns to metabolize fat as a source of fuel.	60- 70%
Aerobic zone or "target heart rate zone"	Most effective for overall cardiovascular fitness. Increases your cardio-respiratory capacity: that is, your ability to transport oxygenated blood to the muscle cells and carbon dioxide away from the cells. Also effective for increasing overall muscle strength.	70- 80%
Anaerobic zone	The point at which the body cannot remove lactic acid as quickly as it is produced is called the lactate threshold or anaerobic threshold. Training in this zone helps to increase the lactate threshold, which improves performance. Training in this zone is hard: your muscles are tired, your breathing is heavy.	80- 90%
VO2 max "Red line zone"	You should only train in this zone if you are very fit, and only for very short periods of time. Lactic acid develops quickly as you are operating in oxygen debt to the muscles. The value of training in this zone is you can increase your fast twitch muscle fibers which increase speed.	90- 100%

Your Personal Best

Personal Coaching & Training

www.personalbestfitness.net



Zone

What it does

% of max HR