

Cardiovascular Zones

WHAT ARE THEY?
WHERE SHOULD YOU BE?



ZONE 1 50-60% HR MAX DAILY

Easy, very low intensity.
Warm ups and cool downs usually fall into this category.
Walking (for most people) is a Zone 1 activity.



ZONE 2 60-70% HR MAX >30 MINUTES/SESSION (AT LEAST 150 MINUTES PER WEEK)

While still on the easy side, your heart rate is elevated, but you could hold this pace for a long time. This zone is mainly used for improving overall endurance and if you are interested in improving your health and longevity, you'll want to spend a lot of time here.



ZONE 3 70-80% 3-10 MINUTES/BOUT

This is when we get a little more challenging. Zone 3 is used when we are trying to push ourselves harder for a medium amount of time (3-10 minutes). This zone is typically used when trying to improve performance.



ZONE 4 80-90% 1-5 MINUTES/BOUT

This is another area that you will use when trying to improve your performance. This will be done in a shorter amount of time (1-5 minutes).



ZONE 5 90-100% SHORT WORK (10-30 SEC) AND 2-4X REST (40 SEC-2 MINUTES) 1-2X/WEEK (DEPENDING ON FITNESS LEVEL AND GOALS)

Think: Red lining. All out, as hard as you can, sprint. You will be unable to sustain this pace for a long period of time. This intensity also takes more recovery between each "rep" and each session.