

# 5-Zone Heart Rate Training



## CLASS INFORMATION

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#### Overview:

Orangetheory Fitness workouts are designed to move Members through the 5 heart rate zones and ultimately achieve EPOC. Understanding the zones and percentages of max heart rates is imperative to achieve EPOC and also make sure Members are safe during the workout.

In this class, you will learn about the colors, percentages of max heart rates and intensities for the 5 heart rate zones seen during an Orangetheory workout

#### Video Module

Area of Specialization:

Topic: 5-Zone Training

Subtopics: Grey, Blue, Green, Orange, Red zones

Audience: Coaches

#### Objectives:

- Educate the learner about the 5 heart rate zones used at Orangetheory by percentage, color, and intensity
- Describe how each heart rate zone feels according to the minutes able to maintain the intensity

#### Procedure

Development and Activities:

- **Presenter will:** Via Video
- Educate the Learner about the 5 heart rate zones used at Orangetheory by color, percentage, and intensity and how each heart rate zone feels according to the minutes able to maintain the intensity

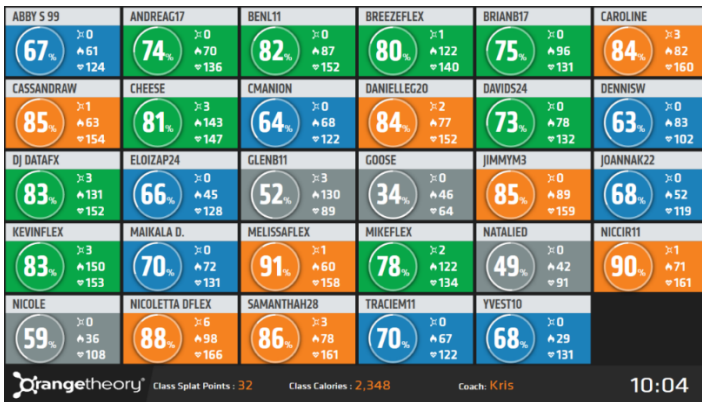
**OTF is 5-zone heart rate-based training.** OTbeat shows the Members heart rate zones

~Coaches use the information on the OTbeat screens to help keep track of a member's intensity during workouts

\*\*\* Intensity means...adjusting the speed and incline to move Members between Base Pace through All Out

\*\*\* Note: Not all members will fit training zone estimations. These members can train based on "feel".

# 5-Zone Heart Rate Training



## \*Zones 1 & 2 are typically seen when the member has just started the treadmill

**Zone 1=** the grey zone=50 to 60% of max heart rate

It feels like a 6 on a scale of 10 (10 being max effort). It is a speed that can be maintained for 60 minutes or more.

**Zone 2=** the blue zone=61 to 70% of max heart rate

It feels like a 7 on a scale of 10 (10 being max effort). It is a speed that can be maintained for 45 minutes.

## \*Zones 3,4,and 5...are the main zones Members workout in during OTF workout

**Zone 3=** the green zone=71 to 83% of max heart rate

- \* Base Pace "Challenging but doable" or in Active Recovery

It feels like a 7-8 on a scale of 10 (10 being max effort). It is a speed that can be maintained for 20-30 minutes.

**Zone 4=** the orange zone

- \* 84% to 91% of max heart rate

- \*This is where the magic starts...or EPOC happens

\*Goal is to get a minimum of 12 minutes in the orange and red zones combined to achieve the afterburn

- \*Do this during Push Pace or All Out

It feels like an 8-9 on a scale of 10 (10 being max effort). It is a speed that can be maintained for 3 minutes or less.

**Zone 5=** the red zone

- \*92% and above of max heart rate

\*Coaches may need to check in with a Member and pull a Member's intensity down ...ensure that he/she is

okay...not going too far



## 5-Zone Heart Rate Training

\*Coaches may need to check in with Members...Member may just be at a high level...just check in to see that the

Member is okay and in control

It feels like a 10 on a scale of 10 (10 being max effort). It is a speed that can be maintained for less than a minute.

- **Learner will:**
  - Watch class about the 5-Zone Heart Rate Training
  - Gain information about each identifying the heart rate zone based on percentage, color, intensity and feel of each zone.

### **Summation:**

In summary, the learner will walk away with the following information:

- How to identify the 5 heart rate zones used at Orangetheory by percentage, color, and intensity
- Describe how each heart rate zone feels according to the minutes able to maintain the intensity