

# **QUICK GUIDE TO HEART RATE ZONES**

## **60-65% RECOVERY ZONE**

*FOR OPTIMUM IMPROVEMENT:* Sustain rate for 30 minutes, 1-2 x per week.

Considered an "active day off".

*POSITIVE EFFECTS:* Promotes healing

Best when used the day after intervals, games, races, etc.

## **65-70% FAT BURNING ZONE**

*FOR OPTIMUM IMPROVEMENT:* Sustain rate for 60 minutes minimum, 4-5 x per week.

*POSITIVE EFFECTS:* Promotes weight loss, lowers blood pressure, reduces cholesterol, and increases endurance.

First 30 minutes burns food intake, any additional minutes burn reserves/fat.

Should be sweating, but able to carry on a conversation.

## **70-80% CARDIO ZONE**

*FOR OPTIMUM IMPROVEMENT:* Sustain rate for 30 minutes, 4-5 x per week.

*POSITIVE EFFECTS:* Promotes increased heart and lung capacity and endurance. Builds muscle.

Includes basketball, handball, running

## **80-85% LACTIC ZONE**

*FOR OPTIMUM IMPROVEMENT:* Sustain for very short periods of time (seconds/minutes).

intervals, weight lifting or sprints 2 x per week. May coincide with cardio workout

*POSITIVE EFFECTS:* Promotes explosive power, speed, and strength.

*NEGATIVE EFFECTS:* Tears down soft tissues. Follow with recovery workout the next day.

## **85% + MAXIMUM**

Race day. Game day. Max day. This is why you train, not where you train.

*NEGATIVE EFFECTS:* Too long in the maximum or 'red zone' and you will bonk.

Tears down soft tissues. Follow with recovery workout the next day.