

Cardiovascular Training Intensity Chart

Zone	Percent of Max. Heart Rate*	Rate of Perceived Exertion **	Physical signs
Recovery	Up to 65%	6-9	Great zone to be in the day after a hard workout, or if you are just starting a workout routine! Allows tired sore muscles to flush lactic acid out of them and to relieve stiffness. Also the zone in which to start & finish every workout. Warm-up & cool-down here!
Endurance	65-80%	9-12	Light-moderate sweat, able to talk but not sing a show tune! Working pace, but a maintainable one. Able to go the distance, body chooses fat as main source of fuel, very beneficial to the heart and lungs! This is where you build your "aerobic base". Most number of workouts per week should be done in this zone.
Strength/Tempo	75-85%	13-15	A controlled push! Breathe is a bit more rapid and starting to leave the comfort zone. More concentrated on your effort, able to maintain this pace for 20-40 minutes. Body uses fat as fuel until just above the 80% mark and then switches to carbohydrate fuel. Increases your capacity to transport oxygenated blood to the muscle cells and carbon dioxide away from the cells. Makes you more efficient! However if you train here all the time you will become "overtrained" within a number of weeks.
Interval	85-92% work int/ 65% rest interval	16-19	Short periods of time with high intensity followed by recovery. Body uses carbohydrate for fuel and has a very high caloric burn rate. Breathe is rapid and effort feels very hard. Unable to maintain this pace for more than a few minutes, lactic acid production leaves your muscles feeling tired. Use this zone to improve performance and follow it with a recovery or endurance workout the next day!
Race Pace/ All out	92% plus	20	Highly trained athletes can race complete shorter races in this zone, however most of us can only stay here for a matter of seconds! Use this zone sparingly as it requires much recovery! Short sprints, long recovery in between.