

Zone	% Max HR	Description
1	65-70	Very easy run training, a good level for recovery days after racing or really hard training days. Effort is very easy breath is slow & steady.
2	70-75	Best zone for maximum aerobic training benefit, feels quite easy, an effort that could be held for extended periods of time. Also called the “fat burning zone”, it helps develop your metabolism’s fat burning capability. You should still be able to talk in this zone.
3	75-80	Mild tempo training. Helps to build strength, speed and gets the body used to lower levels of lactic acid build-up. Breathing is regular and deeper, talking is more difficult but still possible between breaths.
4	80-85	Fast tempo training. Strength building, speed and lactic acid tolerance at higher levels. Simulates race pace effort. Talking is almost impossible, breathing is very deep and regular.
5	85-95	Full race effort range. Breathing is very hard, bordering on laboured.