












PRE		Training Zone	% MHR	Description
1		Zone 1 Warm up/Recovery	60-65%	At rest, but not sleeping.
2		Zone 2 Basic Endurance	65-75%	Very easy movements.
3		Zone 2 Basic Endurance	65-75%	Moderate and can speak easily
4		Zone 3 Improve Conditioning	75-82%	More purposeful and breathing is faster than normal
5		Zone 3 Improve Conditioning	75-82%	Starting to become warm and conversation is sporadic
6		Zone 3 Improve Conditioning	75-82%	An aerobic activity that is able to be conducted whilst maintaining a conversation uninterrupted. An intensity that may last between 30 and 60 minutes
7		Zone 4 Increase Performance	75-82%	
8		Zone 5 Increase Performance	75-82%	An aerobic activity in which a conversation generally cannot be maintained uninterrupted An intensity that may last up to about 30 minutes
9		Zone 6 Maximize Performance	89-94%	
10		Zone 7 Maximize Performance	94-100%	An intensity that generally cannot be sustained for longer than about 10 minutes