## **Activity**



## Exercise Training Zones

Understanding heart rate training zones will help you train more effectively plus help to avoid overtraining. Work out your maximum heart rate - the simplest way (although not the most accurate) is 220-age (women can use 226). Then work out your zones using the percentages below.

E.g. 220 - 35years old = Maximum Heart Rate of 185. Then if you want to train at a moderate intensity 185/100 \* 70 or 80 = 129-148 beats per minute

Always seek advice from a fitness professional before starting an exercise programme.



- Effort level 9-10/10
- Develops anaerobic capacity

Hard 80-90%

- Effort level 8-9/10
- Enhance speed endurance

Moderate 70-80%

- Effort level 7-8/10
- Improve aerobic capacity

Light 60-70%

- Effort level 6-7/10
- Build general endurance

Very light 50-60%

- Effort level 5-6/10
- Boost recovery

