



## 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  $220 - \text{age}$  (women can use  $226$ ). Then work out your zones using the percentages below.

E.g.  $220 - 35\text{years old} = \text{Maximum Heart Rate of } 185$ .  
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.**

