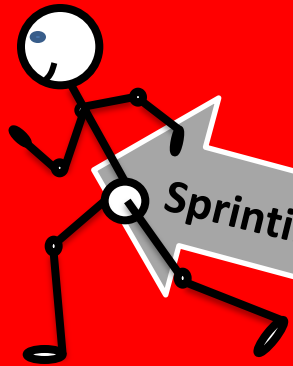


Heart Rate Training Zones

MAXIMUM
Effort
90-100%

Helps develop speed



HARD
Effort
80-90%

Increases performance

MODERATE
Effort
70-80%

Improves aerobic fitness

LIGHT Effort
60-70%

Improves endurance and burns fat

VERY LIGHT
Effort
50-60%

Helps with recovery

Jogging

Walking

