



Heart Rate Zones

Zone 1 Recovery	Up to 50% of your personal MAX heart rate - Easy effort, like a warm up, recovery or cool down
Zone 2 Endurance	51% - 65% of your personal MAX heart rate - Average effort, a comfortable sustainable challenge
Zone 3 Aerobic	66% - 75% of your personal MAX heart rate - Above average effort, feels challenging, heavy breathing
Zone 4 Anaerobic	76% - 85% of your personal MAX heart rate - Hard effort, very challenging
Zone 5 VO2Max	Higher than 86% of your personal MAX heart rate - As hard as you can go, very short bursts