

Heart Rate Training Zones

Zone 1 – Low Intensity Zone	50-60% Max HR
Zone 2 – Low Aerobic Zone	60-70% Max HR
Zone 3 – Aerobic Zone	70-80% Max HR
Zone 4 – Anaerobic Zone	80-90% Max HR
Zone 5 – Sub-Maximal Zone	90-95% Max HR
Zone 6 – Maximal Zone	95-100% Max HR

Intensity Levels

Level 0 (L0)	Stationary
Level 1 (L1)	50-60% effort
Level 2 (L2)	60-70% effort
Level 3 (L3)	70-80% effort
Level 4 (L4/AT)	80-90% effort
Level 5 (L5)	90-100% effort
Level 6 (L6)	110% effort

Notes:

These intensities are to be used instead of, or in addition to Heart Rate target zones. You will note that the lower intensities can be sustained for longer periods and so form the basis of foundation work and also the longer sessions. Level 4 (L4/AT) is used interchangeably to indicate “Anaerobic Threshold” which is the point at which your body will begin to accumulate lactic acid. Training at this level is important to raise our Anaerobic Threshold level, thus allowing us to sustain a higher intensity for longer. L5 encompasses most sprint race paces and phases of marathon racing. L6 is a flat-out pace that can only be sustained for very short periods of time.