

HEART RATE ZONE CALCULATIONS

enter age: **42**
max HR: **178**

zone	min HR	max HR
zone 1:	116	132
zone 2:	133	151
zone 3:	152	158
zone 4:	159	169
zone 5:	170	178

zone 2: long, aerobic, fat burning, builds run efficiency, 85% of all workouts

zone 4: high intensity, anaerobic, sugar burning, increases VO2 max

***all my run workouts involve a 10min warmup/active stretch at zone 1 HR**

sample zone 2 workouts: steady 30-60min run at targeted zone 2 HR
can increase grade on treadmill and decrease speed but still maintain zone 2 HR

sample zone 4 workouts: do 2-3 min efforts at zone 4 hr with equal 2-3min recovery period at zone 1 or less HR
can increase grade on treadmill and decrease speed and do 5-6 min zone 4 HR with 5 min rest at zone 1 or less HR