

# Heart Rate Training Zone Chart



Intensity    How you'll feel

100%  
to  
90%

You're pushing yourself to your limits and can only sustain this activity for a short duration of time. Because of excessive metabolic byproduct buildup in your muscles, you will fatigue

89%  
to  
80%

Breathless, with difficulty saying more than 2-4 words in a row. Your hard-working muscles will "burn" due to metabolic byproduct buildup. Additional mental focus is required.

79%  
to  
70%

Breathless, but able to speak a sentence of 4+ words. Muscles may "burn" slightly due to small amount of excessive metabolic byproduct buildup. You can sustain this activity for 20-60 minutes.

69%  
to  
60%

You're starting to feel winded, but still able to sing a song or easily recite 3-4 sentences. Muscles are warmed up and light sweating is likely.

59%  
to  
50%

Exercise at this level is enjoyable and light, easily maintained for upwards of 60-120 minutes without fatigue.

49%  
to  
0%

Completely comfortable.  
This is how you normally feel when you're resting.

**Find your Max Heart Rate:  
211 - 0.64 x age**