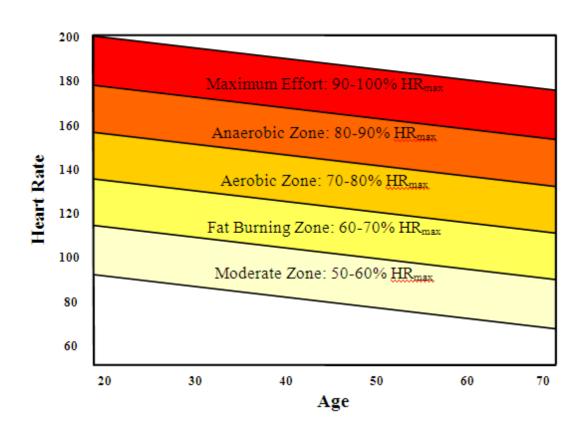
| Heart Rate Zones | | | | | |
|------------------|------|--------------------|-----------------|--|---|
| Intensity | RPE | HR range (%MHR) | Time in zone | Best for | How it feels |
| Low | 2 | 50-70 | 10-120 mins | Improving basic endurance, recovery | Low muscle load, can talk comfortably |
| Moderate | 3-4 | 70-80 | 10-60 mins | Improving aerobic fitness | Sustainable, can still talk in short sentences |
| High | 5-7 | 80-90 | 2-10 mins | Improving VO2 max, burning calories | Breathing hard, working hard |
| Max | 8-10 | 90-100 | <5 mins | Increasing endurance & total exercise capacity | Very tough! Heavy breathing, muscle fatigue |



RPE Chart Training Zone % MHR

Max Effort Activity Zone 6 94-100% 10 **Very Hard Activity** Zone 5 89-94% Very difficult to maintain exercise intensity. Can barely breath and speak a single word VO2max / Speed **Vigorous Activity** Zone 4 82-89% On the verge of becoming uncomfortable Short of breath, can speak a sentence. Anaerobic / Threshod **Moderate Activity** Zone 3 75-82% Stamina / Tempo **Light Activity** Zone 2 65-75% 2-3 Feels like you can maintain for hours. Easy to breathe and carry a conversation Endurance / Aerobio **Very Light Activity** Zone 1 60-65% Anything other than sleeping, watching TV, riding in a car, etc