



Heart Rate Training Zones

Method: Maximum Heart Rate = 220 – Age. Zones are based on percentage of estimated maximum heart rate.

Zone Descriptions

HR Zone	Percentage or HR Max	Description
Zone 1	50- 60%	Low Intensity/Warm Up/Recovery
Zone 2	60- 70%	Moderate Intensity/Aerobic endurance
Zone 3	70- 80%	Moderate to High Intensity/ Aerobic Fitness
Zone 4	80- 90%	High Intensity/ Lactate Threshold
Zone 5	90- 100%	Very High Intensity/Anaerobic/ VO2 Max

Heart Rate Training Zones- Age Specific

Age	Est. Max HR	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
20	200	100-120	120-140	140-160	160-180	180-200
25	195	98-117	117-136	136-156	156-176	176-195
30	190	95-114	114-133	133-152	152-171	171-190
35	185	92-111	111-130	130-148	148-166	166-185
40	180	90-108	108-126	126-144	144-162	162-180
45	175	88-105	105-122	122-140	140-158	158-175
50	170	85-102	102-119	119-136	136-153	153-170
55	165	82-99	99-115	115-132	132-148	148-165
60	160	80-96	96-112	112-128	128-144	144-160
65	155	78-93	93-108	108-124	124-140	140-155
70	150	75-90	90-105	105-120	120-135	135-150
75	145	72-87	87-102	102-116	116-130	130-145
80	140	70-84	84-98	98-112	112-126	126-140