Effort Guide: Use your Max HR to find your training zone!

Every aspect of training is important and we must give each day what it is due, whether it is a hard tempo, an easy long run, or a (very important!) recovery day. Each column represents a percentage of your maximum heart rate, which we will measure from time to time and a number you should remember. Find your training zone and use the chart to find your effort guide. When we workout we will use this as our guide for optimal training. Practice finding your heart rate after easy runs!

Max HR =>	**170**	**175**	**180**	**185**	**190**	**195**	**200**	**205**
Easy Run (60-70%)	102	105	108	111	114	117	120	123
Aerobic Conditioning (70-79%)	119	122	126	129	133	136	140	143
Steady State (80-89%)	136	140	144	148	152	156	160	164
Tempo (90-94%)	153	158	162	167	171	176	180	185
Interval (95-100%)	160	166	171	176	181	185	190	195
Repetition	-	-	-	-	-	-	-	-