

# Heart rate training zones

## Effort level vs. how it feels

50 to 59%	60 to 69%	70 to 79%	80 to 89%	90 to 100%
Conversational pace	Conversational pace Conversation will be harder to maintain	Non-conversational pace Uncomfortable	Short and intense Extremely uncomfortable	All out max effort
Consistent effort sustainable for > 25 minutes	Consistent effort sustainable for 20-25 minutes	Consistent effort sustainable for 7-20 minutes	Consistent effort sustainable for < 5 minutes (rest between intervals required)	Consistent effort sustainable for < 10 seconds (full recovery between intervals required)
100% Aerobic	90% Aerobic 10% Anaerobic	55% Aerobic 45% Anaerobic	30% - 40% Aerobic 60% - 70% Anaerobic	100% Anaerobic
A light jog	5K run "Filthy 50"	CrossFit Open workouts	"Grace" "Isabel" "Fran"	1 Rep max lift Max effort sprint of row, bike, run