



Heart Rate Zones

<p>Zone 1 Recovery</p>	<p>Up to 50% of your personal MAX heart rate - Easy effort, like a warm up, recovery or cool down</p>
<p>Zone 2 Endurance</p>	<p>51% - 65% of your personal MAX heart rate - Average effort, a comfortable sustainable challenge</p>
<p>Zone 3 Aerobic</p>	<p>66% - 75% of your personal MAX heart rate - Above average effort, feels challenging, heavy breathing</p>
<p>Zone 4 Anaerobic</p>	<p>76% - 85% of your personal MAX heart rate - Hard effort, very challenging</p>
<p>Zone 5 VO2Max</p>	<p>Higher than 86% of your personal MAX heart rate - As hard as you can go, very short bursts</p>