

Training Intensity Zones

Intensity zones are used to target the level of effort for nearly every workout. The chart below speaks to Rate of Perceived Exertion. RPE is your primary measure and must always be used as a backup to all other monitoring devices. Heart rates can change due to heat, humidity, length of effort, bio-rhythms and more, but using the RPE will always tell you “how hard it feels”

	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
RPE Rate of Perceived Exertion.	Warm up and recovery pace. <u>Talking is easy.</u>	Feels like “I could go all day” pace. <u>Conversations shorter but comfortable.</u>	Race Pace. <u>Minimal Talking, 1-2 word sentences.</u> Could go 60-90 min.	Slight discomfort, could hold for ~10 minutes. <u>Down to basic grunts</u>	All out max! Could only hold for a few moments. <u>Nothing but wheezing</u>

You do not need a Heart Rate Monitor to succeed, but wearing an HRM can be an objective companion to your workouts. HRMs can be used for all your bike and run workouts. We’ll need to establish the correct heart rate for each zone. The goal is to get as accurate as possible. If you know your maximum heart rate or your VO2Max (the result of a scientific test), go to option B. If all you have to go by is your age (and that’s fine), use option A.

Option A

You will need to do a bit of math to find the correct beats per minute for each zone. THIS IS NOT DIFFICULT, but requires a couple of days to establish: Take your pulse every morning before you get out of bed for a full 60 seconds -. Take it for 5 mornings and find the average. This is your resting heart rate; once you have it you’re ready to plug it into this simple math equation.

Subtract your age from 220 (for males) or 226 (for females).

From this number, subtract your Resting Heart Rate (RHR) to get a Heart Rate Reserve (HRR).

Multiply your HRR by the percentages in each zone, and then add the RHR back on to determine the boundaries for each zone.

Example: 34-year-old male with a resting heart rate of 55:

$$220-34 \text{ (age)} = 186$$

$$186-55 \text{ (RHR)} = 131 \text{ (HRR)}$$

$$131 \times .50 = 65 + 55 \text{ (RHR)} = 120 \text{ beats per min, bottom of Zone 1}$$

$$131 \times .65 = 85 + 55 \text{ (RHR)} = 140 \text{ beats per min, top of Zone 1 \& top of Zone 2}$$

$$131 \times .80 = 105 + 55 \text{ (RHR)} = 160 \text{ beats per min, top of zone 2.... and so on.}$$

Option B

Take your max HR or VO2Max (only if it has been established accurately via a scientific test), and multiply it by the percentages in each zone.

Write your results into this chart to create your own personalized intensity zone

	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
% of max Heart Rate	50%-65%	65%-80%	85%-87%	87%-92%	92%-Max
Enter Your Heart Rates Here					

Triathletix has relationships with testing facilities all over the US. If you are interested in being tested for athletic performance, or if you are curious about test results that you may already possess, don’t hesitate to write to us at Testing@triathletix.com