

Heart Rate Training Zones for the Four Major Energy Systems

Anaerobic Threshold	Aerobic Maintenance or Recovery & Warm-up Zones	(65-80% HRmax) Aerobic Conditioning	(87-92% HRmax*) Anaerobic Conditioning	(95-100% HRmax**) Aerobic Capacity	(100% HRmax***) Anaerobic Capacity
AT	15 - 30 Beats BELOW AT	1 - 15 Beats BELOW AT	14 - 25 Beats ABOVE AT	31 - 42 Beats ABOVE AT	MAX HR
182	152 - 167	167 - 182	196 - 207	213 - 224	224
181	151 - 166	166 - 181	195 - 206	212 - 223	223
180	150 - 165	165 - 180	194 - 205	211 - 222	222
179	149 - 164	164 - 179	193 - 204	210 - 221	221
178	148 - 163	163 - 178	192 - 203	209 - 220	220
177	147 - 162	162 - 177	191 - 202	208 - 219	219
176	146 - 161	161 - 176	190 - 201	207 - 218	218
175	145 - 160	160 - 175	189 - 200	206 - 217	217
174	144 - 159	159 - 174	188 - 199	205 - 216	216
173	143 - 158	158 - 173	187 - 198	204 - 215	215
172	142 - 157	157 - 172	186 - 197	203 - 214	214
171	141 - 156	156 - 171	185 - 196	202 - 213	213
170	140 - 155	155 - 170	184 - 195	201 - 212	212
169	139 - 154	154 - 169	183 - 194	200 - 211	211
168	138 - 153	153 - 168	182 - 193	199 - 210	210
167	137 - 152	152 - 167	181 - 192	198 - 209	209
166	136 - 151	151 - 166	180 - 191	197 - 208	208
165	135 - 150	150 - 165	179 - 190	196 - 207	207
164	134 - 149	149 - 164	178 - 189	195 - 206	206
163	133 - 148	148 - 163	177 - 188	194 - 205	205
162	132 - 147	147 - 162	176 - 187	193 - 204	204
161	131 - 146	146 - 161	175 - 186	192 - 203	203
160	130 - 145	145 - 160	174 - 185	191 - 202	202
159	129 - 144	144 - 149	173 - 184	190 - 201	201
158	128 - 143	143 - 148	172 - 183	189 - 200	200
157	127 - 142	142 - 157	171 - 182	188 - 199	199
156	126 - 141	141 - 156	170 - 181	187 - 198	198
155	125 - 140	140 - 155	169 - 180	186 - 197	197
154	124 - 139	139 - 154	168 - 179	185 - 196	196
153	123 - 138	138 - 153	167 - 178	184 - 195	195
152	122 - 137	137 - 152	166 - 177	183 - 194	194
151	121 - 136	136 - 151	165 - 176	182 - 193	193
150	120 - 135	135 - 150	164 - 175	181 - 192	192

*Should reach the target heart rate range within the first 8-10 minutes of anaerobic conditioning workouts depending on intensity within the range. *

**Should reach the target heart rate range within the first 4-6 minutes of aerobic capacity workouts depending on intensity within the range. **

***Should reach maximum heart rate within 3-5 minutes after beginning an anaerobic capacity workout depending on intensity within the range. ***