

STEP 1 DETERMINE ANAEROBIC THRESHOLD (A.T.)

STEP 2 LOCATE YOUR ANAEROBIC THRESHOLD (A.T.) ON THE HEART RATE TRAINING CHART BELOW



STEP 3 FAMILIARIZE YOURSELF WITH YOUR FIVE ZONES BY TRACKING VERTICALLY FROM YOUR ANAEROBIC THRESHOLD (A.T.)

Bronze Age and Activity Estimate

- Subtract your age from 180.
- Subtract 10 if you have not been exercising.
- Subtract 0 if you have been exercising 2 to 3 times per week for the past year.
- Add 10 if you have been exercising 4 times per week for the past few years.

Silver "Feeling" Measurement

- Select a piece of cardiovascular equipment, put on a heart rate monitor.
- Gradually increase your intensity over a 10 minute period to the point where you begin to feel uncomfortable and your breathing is heavy.
- Note your heart rate.
- Consult a member of the fitness staff with questions or for assistance.

Gold Precision Measurement

- Take the metabolic exercise test.
- To do so, contact a member of the fitness staff who will arrange the test with one of our cardiovascular exercise specialists.



	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK	PEAK
ZONE 5 SPEED/POWER EXTREMELY HARD	132	138	143	149	154	160	165	171	176	182	187	193	198	204	209	
ZONE 4 ANAEROBIC ENDURANCE VERY HARD	132	138	143	149	154	160	165	171	176	182	187	193	198	204	209	
ANAEROBIC THRESHOLD	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	
ZONE 3 AEROBIC ENDURANCE HARD	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	
ZONE 2 AEROBIC DEVELOPMENT MEDIUM	108	113	117	122	126	131	135	140	144	149	153	158	162	167	171	
ZONE 1 WARM-UP EASY	84	88	91	95	98	102	105	109	112	116	119	123	126	130	133	
RESTING METABOLISM	72	75	78	81	84	87	90	93	96	99	102	105	108	111	114	

FUEL BURNED

GLUCOSE

FAT

