



## CARDIO: Training Zones & Intensity Markers

	Aerobic Base Training Zone	Entering Anaerobic Zone	Anaerobic (HIIT) Training
Energy System Used	Predominately using fat for fuel	A mix of both, but using more glycogen (sugar) than fat for fuel	Exclusively using glycogen (sugar) for fuel
% of Cardio Goal	80-90%	10-20%	<10%
Intensity Markers:			
Effort	Low to Moderate	Moderate to High	Very High/Near Maximal
RPE (0-10)	3 - 4	5 - 6	7 - 10
Relative to Maximum Aerobic Threshold HR	10 bpm below your MATHR to just at your MATHR	Above your MATHR	Near MHR
Talk Test	Can talk/carry on a conversation fairly comfortably (able to say several words between breaths)	-Talking becomes difficult and uncomfortable -Have to pause for a breath every couple of words	Talking is very difficult (near impossible)
Breathing	-Breathing is steady and deep -Able to breath comfortably through you nose	-Breathing becomes more rapid -Inhaling through your nose is challenging or impossible	Breathing is very labored
%MHR	64 - 76%	77 - 95%	>95%