



HEART RATE TRAINING ZONES

Percentage

Intensity Level

Feels Like

90 - 100%

Very hard to maximum intensity

Competition
Maximal testing.

80 - 90%

Vigorous intensity

Improves anaerobic and aerobic fitness
Interval training and tempo training.

70 - 80%

Moderate intensity

Improves aerobic fitness
Continuous and steady state training.

60 - 70%

Light intensity

Builds endurance
Long slow distance training.


50 - 60%

Very light intensity

Recovery, warming up
and cooling down.

Eternal  Fitness

07517 658 128 

esther.fair@eternal-fitness.co.uk 

www.eternal-fitness.co.uk 