

IRON HORSE TRAINING

Target Heart Rate Zone

What it Does

Who should be in this Range

55% - 65% of Maximum Heart Rate (MHR)
Green - Easy
Conversational Pace

Absolute minimum of where your heart rate should be in order to see cardiovascular benefits. Training in this zone will begin to improve your heart's ability to pump blood and improve the muscle cells' ability to utilize oxygen. This is a good zone for long slow distance exercise.

- Those who are beginning an exercise regimen or are out of shape

65% - 75% of MHR
Yellow - Moderate
Lite Conversational Pace

The "Aerobic Zone" or "Target Heart Rate Zone". It is the most effective for overall cardiovascular fitness. It increases your cardio respiratory capacity (the body's ability to transport oxygenated blood to the muscle cells and carbon dioxide away from the cells). After a while you will be able to go longer in less time and your body will burn less glucose and more stored fat as fuel.

- Those who are healthy and active and fall into an average level of fitness
- Those who are interested in health benefits and some aerobic training effects
- This zone is also effective for increasing overall muscle strength

75% - 85% of MHR
Pink - Hard
3 -4 Words Between Breaths

This zone often results in significant training effects in the heart, lungs and skeletal muscles, resulting in improved aerobic performance.

- Individuals with an above average to high level of fitness
- Those looking to gain health benefits and improve aerobic exercise performance

85% - 90% of MHR
Orange - Difficult
1- 2 Words Between Breaths

At this point you begin to cross over from aerobic training to anaerobic training (anaerobic threshold). At this point the body cannot effectively remove lactic acid from the working muscles quickly enough. This zone is very difficult and your muscles become tired, your breathing becomes heavy and you become fatigued. The benefit of training in this zone is that you can increase your body's ability to tolerate and deal with lactic acid for a longer period of time.

- This zone is primarily for people who want to increase their performance levels
- Often competitors are highly in tune with this zone because they often compete near or at their anaerobic threshold

90% - 100% of MHR (VO2 Max)
Red - Extremely Difficult
Panting Hard, Can't Talk

In this zone lactic acid develops very quickly because you are operating with oxygen debt to the muscles. You will not be able to stay at this level very long.

- You should not train at this level unless you are extremely fit
- Often good for sprinters and those individuals who are looking to increase their fast twitch muscle fibers which increase speed

For more information see sheerbalance.com

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Max Heart rate	Approximate age	55% of max	65% of max	75% of max	85% of max	90% of max
200	20	110	130	150	170	180
195	25	107	127	146	166	176
190	30	105	124	143	162	171
185	35	102	120	139	157	167
180	40	98	117	135	153	162
175	45	96	114	131	149	158
170	50	93	111	128	145	153
165	55	91	107	124	140	149
160	60	88	104	120	136	144
155	65	85	100	116	132	140
150	70	82	98	113	128	135

Easy - Conversational Pace

Moderate - Lite Conversational Pace

Hard - 3 to 4 Words Between Breaths

Difficult - 1 to 2 Words Between Breaths

Extremely Difficult - Panting Hard, Can't Talk