|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Zone** | **Heart Rate %MHR** | **Heart Rate****(Personal)** | **RPE** | **Purpose** | **Fuel** | **Muscle Fiber** | **Session Structure** |
| **5** | 90-100% |  | Unsustainable – exhausting | Power, Speed, Anaerobic endurance | ATP/CP and glycolytic, minimal aerobic | All ST + all Fast Twitch | Interval8-60sec. |
| **4** | 80-90% |  | Hard, Max sustainable | Max. Aerobic Power, strength speed endurance, technique | Both aerobic and anaerobic capacities max | All ST + most Fast Twitch | Interval 30sec – 8 min. |
| **3** | 70-80% |  | Medium – Hard but not too full on | Aerobic / Anaerobic Capacity | Glycolytic/anaerobic begins to dominate | All ST + some FT | Interval 10-20min, continuous to 60 min. |
| **2** | 60-70% |  | Moderate to Easy | Aerobic Capacity Economy | Aerobic – Fat upper, fat utilization | Most Slow Twitch | Continuous 30-120 min. |
| **1** | 50-60% |  | Very Easy – Easy | Boost recovery / Aerobic Conditioning | Aerobic - Fat | Slow Twitch | Continuous 30 min to several hours |
| **Recovery** | <50% |  | Light | Recovery | Aerobic - Fat | Slow Twitch | Continuous 20-60 min. |