

## Heart Rate Training Zones for the Four Major Energy Systems

Maximum Heart Rate	(65-80% HRmax) Aerobic Conditioning	(87-92% HRmax*) Anaerobic Conditioning	(95-100% HRmax**) Aerobic Capacity	(100% HRmax***) Anaerobic Capacity
220	143 - 176	191 – 202	209 – 220	220
218	142 - 175	189 – 201	208 – 218	218
216	141 - 173	187 – 199	205 – 216	216
214	139 - 172	186 – 197	203 – 214	214
212	138 - 170	184 – 195	201 – 212	212
210	137 - 168	183 – 193	199 – 210	210
208	135 - 167	180 – 192	197 – 208	208
206	134 - 165	179 – 190	196 – 206	206
204	133 - 163	177 – 188	194 – 204	204
202	132 - 162	175 – 186	192 – 202	202
200	130 - 160	174 – 184	190 – 200	200
198	129 - 159	172 – 183	188 – 198	198
196	127 - 157	170 – 181	186 – 196	196
194	126 - 156	168 – 179	184 – 194	194
192	125 - 154	167 – 177	182 – 192	192
190	124 - 152	165 – 175	180 – 190	190
188	122 - 151	163 – 173	178 – 188	188
186	121 - 149	162 – 172	176 – 186	186
184	120 - 147	159 – 170	174 – 184	184
182	119 - 146	158 – 168	172 – 182	182
180	118 - 144	156 – 166	171 – 180	180
178	116 - 143	154 – 164	169 – 178	178
176	115 - 141	153 – 162	167 – 176	176
174	114 - 140	151 – 160	165 – 174	174
172	113 - 138	149 – 159	163 – 172	172
170	111 - 136	147 – 157	161 – 170	170
168	109 - 134	146 – 155	159 – 168	168
166	108 - 133	144 – 153	157 – 166	166
164	107 - 131	142 – 151	155 – 164	164
162	105 - 130	140 – 150	153 – 162	162
160	104 - 128	139 – 148	152 – 160	160
158	103 - 127	137 – 146	150 – 158	158
156	101 - 125	135 – 144	148 – 156	156
154	100 - 124	133 – 142	146 – 154	154
152	99 - 122	132 – 140	144 – 152	152
150	97 - 120	130 – 138	142 – 150	150
148	96 - 119	128 – 137	140 – 148	148
146	94 - 117	127 – 135	138 – 146	146
144	93 - 116	125 – 133	136 – 144	144
142	92 - 114	123 – 131	134 – 142	142
140	91 - 112	121 – 129	133 – 140	140
138	89 - 111	120 – 127	131 – 138	138
136	88 - 109	118 – 126	129 – 136	136
134	87 - 108	116 – 124	127 – 134	134
132	86 - 106	114 – 122	125 – 132	132
130	84 - 104	113 – 120	123 – 130	130

\*Should reach the target heart rate range within the first 8-10 minutes of anaerobic conditioning workouts depending on intensity within range. \*

\*\*Should reach the target heart rate range within the first 4-6 minutes of aerobic capacity workouts depending on intensity within range.\*\*

\*\*\*Should reach maximum heart rate within 3-5 minutes after beginning an anaerobic capacity workout depending on intensity within range.\*\*\*