Heart rate zone chart

Work out your five zones once, then log the time you spend in each.

NAME

MAX HEART RATE (ABOUT 220 – AGE)

ZONE	% OF MAX	FEELS LIKE	MY BPM
ZONE 1	50–60%	Easy, you can chat	
ZONE 2	60–70%	Comfortable, full sentences	
ZONE 3	70–80%	Steady, short sentences	
ZONE 4	80–90%	Hard, a few words	
ZONE 5	90–100%	All out, no talking	

Most of your week belongs in zones 1 and 2. One or two sessions touch zones 4 and 5.

MINUTES IN EACH ZONE THIS WEEK

ZONE 1

ZONE 2

ZONE 3

ZONE 4

ZONE 5