

Heart Rate Zones for Bike/Run Workouts

Below is the Rate of Percieved Exertion Chart					
Zone	% Maximum Heart Rate	Duration of Zone	Lactate Threshold	RPE	Description of the Breathing
1	50%-65%	30-45 minutes	30-50 bpm below LT	1-3	Hardly noticeable
2	60%-75%	30 minutes to 3 hours	10-30 bum below LT	4-5	Slightly noticeable
3	75%-85%	TEMPO - 20-60 minutes or LT intervals 5-15 minutes	TEMPO just below LT or at LT plus 5 bpm	6-7	Aware of breathing a little harder
4	85%-92%	Intervals of 3-5 minutes with equal amount of rest	1-2 mmol/L above LT	8-9	Starting to breath hard
5a	85%-92%	Intensive Repetitions 1-2 minutes with full recovery	2-6 mmol/L above LT	10	Breathing hard
5b	85%-92%	Intensive Repetitions 30-60 seconds with full recovery	2-6 mmol/L above LT	10	Heavy, labored breathing
5c	85%-92%	Same as 5b	2-6 mmol/L above LT	10	Maximal exertion noted in breathing