

# Get to Know Your Heartrate Zones

Perform each activity for the prescribed amount of time or reps. At the end of each activity find what HR zone that you are in. Rest for 1 minute and move on to the next activity. At the end make sure to cool-down and return your HR to the "Recovery Zone"

1. Lie down and relax, see how low you can get your HR to go in 1 minute.



2. Do some stretching for 2 minutes.



3. Stand up and sit down 20 times as quickly as you can.



4. Jog for 2 minutes.



5. Jump rope for 1 minute.



6. Bring your HR back into zone 1 (The Recovery Zone)

# HEART RATE TRAINING ZONES

**ZONE 5 - HR<sub>max</sub> 90-100%**  
Maximum Performance Capacity

**ZONE 4 - HR<sub>max</sub> 80-90%**  
Anaerobic Endurance

**ZONE 3 - HR<sub>max</sub> 70-80%**  
Aerobic Endurance

**ZONE 2 - HR<sub>max</sub> 60-70%**  
Aerobic Development

**ZONE 1 - HR<sub>max</sub> 50-60%**  
Warm-Up and Recovery