

HEART RATE ZONES - BIKE & RUN



Glossary of Terms

TH - Threshold*

HR - Heart Rate

ZR - Recovery [$<76\%$ of TH HR]

Z1 - Steady-State/Aerobic [$80-86\%$ of TH HR]

Z2 - Steady-State Tempo [$86-93\%$ of TH HR]

Z3 - Sub-Threshold Tempo [$93-100\%$ of TH HR]

*Maximal effort that can be maintained for 60 minutes, such that above this effort-level the body unable to buffer the build up of lactic acid as quickly as it is being produced.

EXAMPLE TRAINING HEART RATE ZONES BASED UPON THRESHOLD HEART RATES OF 150 [BIKE] AND 160 [RUN]



ZR: <114 BPM

Z1: 120 - 129 BPM

Z2: 129 - 140 BPM

Z3: 140 - 150 BPM



ZR: <121 BPM

Z1: 128 - 138 BPM

Z2: 138 - 149 BPM

Z3: 149 - 160 BPM