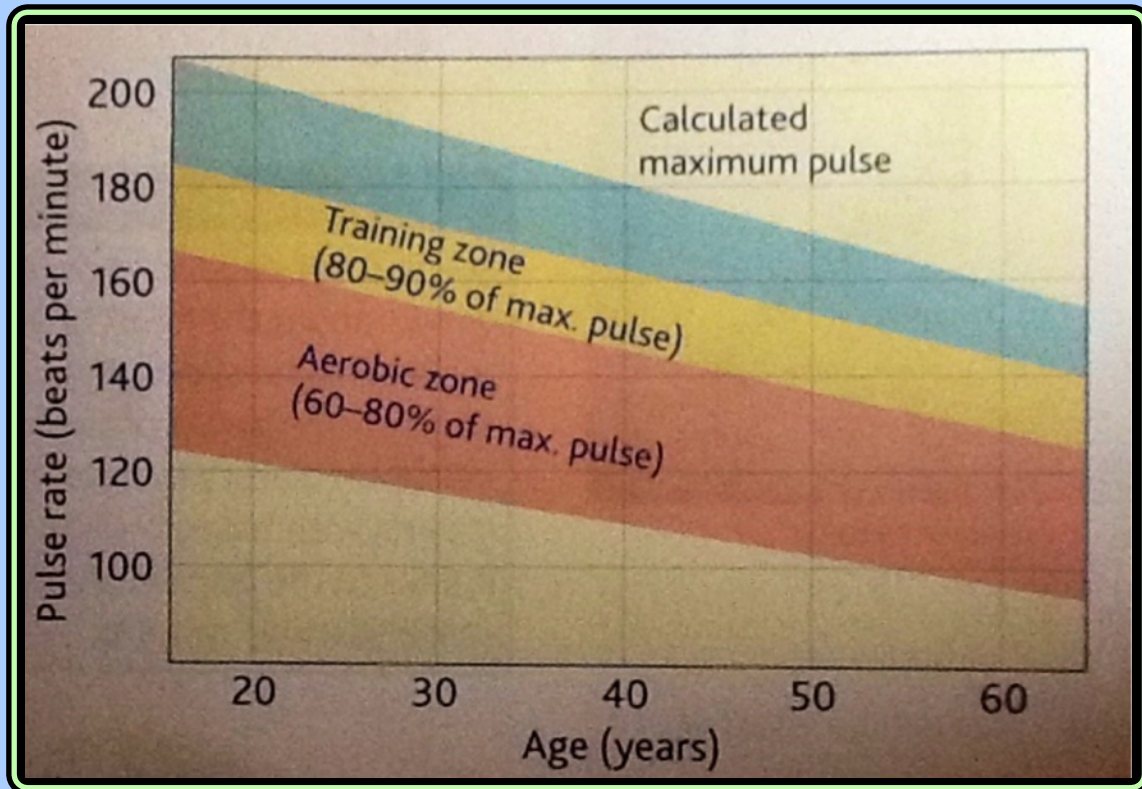


TRAINING ZONES

$$\text{MAXIMUM HEART RATE (MHR)} = 220 - \text{AGE}$$



AEROBIC ZONE - 60-80% OF MAXIMUM HEART RATE

IN THIS ZONE YOU ARE USING OXYGEN AND TRAINING IN THIS ZONE FOR PROLONGED PERIODS WILL GREATLY IMPROVE YOUR CARDIOVASCULAR FITNESS.

TRAINING ZONE - 80-90% MAXIMUM HEART RATE

IN THIS ZONE THE BODY IS UNABLE TO SUPPLY OXYGEN QUICKLY ENOUGH. INSTEAD THE BODY GETS ENERGY BY BREAKING DOWN GLYCOGEN IN THE MUSCLES. AS A RESULT, LACTIC ACID BUILDS UP IN WORKING MUSCLES.

REMEMBER....A THRESHOLD IS A LINE, A ZONE IS AN AREA!