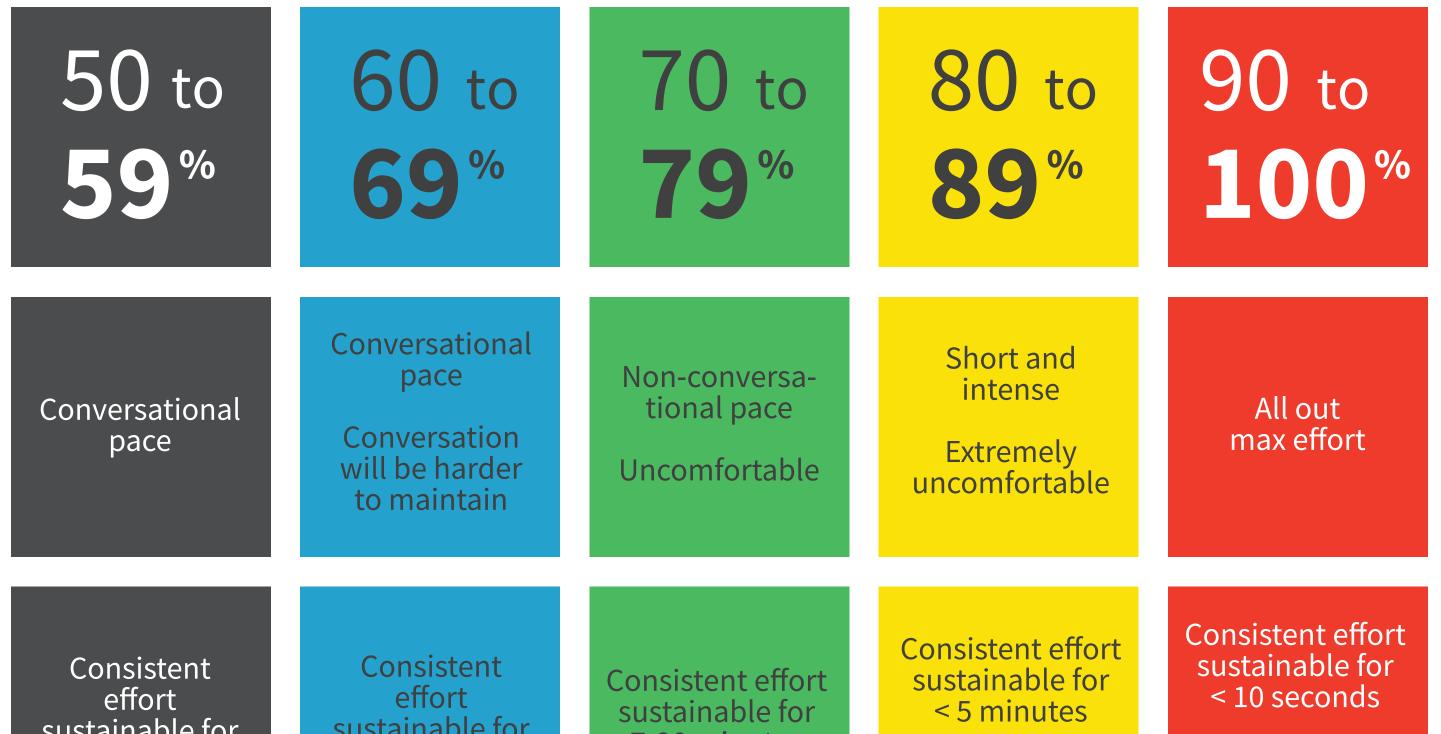
Heart rate training zones Effort level vs. how it feels



sustainable for > 25 minutes	sustainable for 20-25 minutes	7-20 minutes	(rest between intervals required)	(full recovery between intervals required)
100% Aerobic	90% Aerobic 10% Anaerobic	55% Aerobic 45% Anaerobic Facilitates lipoly	30% - 40% Aerobic 60% - 70% Anaerobic vsis (FAT BURN)	100% Anaerobic
A light jog	5K run "Filthy 50"	CrossFit Open workouts	"Grace" "Isabel" "Fran"	1 Rep max lift Max effort sprint of row, bike, run



