

HEART RATE ZONES

ZONE	BPM	WHAT DOES IT FEEL LIKE?	WHAT IS HAPPENING?
<p>1</p> <p>Active Recovery</p>	<p>< -----</p>	<p>A Walk in the Park.</p> <p>A relaxing stroll, a walk with the family or friends. Your muscles may be a little sore from previous workouts. This loosens them and feels nice.</p>	<p>Refreshing Respite.</p> <p>You are clearing out the access lactate build up, allowing your muscles to rebuild, and have a nice mental break from previous workouts.</p>
<p>2</p> <p>Warm Up / Cool Down</p>	<p>----- - -----</p>	<p>You're Poised to Conquer.</p> <p>The calm before the storm. You feel like you could go at this pace all day. After you have conquered this feel like a nice break.</p>	<p>Loosening the System.</p> <p>You are square in the aerobic system. You have plenty of oxygen. You are developing your slow twitch muscles and flushing out residual lactate.</p>
<p>3</p> <p>Match Recovery</p>	<p>----- - -----</p>	<p>You're in the Eye of the Storm.</p> <p>You just punched it. You went up a hill and are breathing hard, this is the break to let you catch your breath without slowing your pace too much.</p>	<p>Flushing Lactate.</p> <p>You have just finished burning a match. This flushes out the lactate you just created burning the match while maintaining a decent pace.</p>
<p>4</p> <p>Home</p>	<p>----- - -----</p>	<p>A Healthy Rainstorm.</p> <p>You are refreshed but feeling the strain of the effort. You feel more of aches and pains than full on fatigue. It feels good to keep going.</p>	<p>Pushing your Threshold.</p> <p>You are right up to your LTHR. You still have enough oxygen but bairly. This is where you are the fastest for the longest.</p>
<p>5</p> <p>Burn the Match</p>	<p>----- - -----</p> <p>LTHR</p>	<p>A Thunderstorm.</p> <p>You are now gulping air. This is a high effort and you are feeling it. You can maintain for a while, but not forever.</p>	<p>Switching to Fast Twitch.</p> <p>You don't have enough oxygen. You are burning your matches. You are now switching to lactate production and feel the building fatigue.</p>
<p>6</p> <p>High Intensity</p>	<p>----- +</p>	<p>A Hurricane.</p> <p>You are in pain. After a short time you start slowing. You're not trying to, but your body can't keep going like this.</p>	<p>Building Strength.</p> <p>You are flooding with lactate and tearing down muscle tissue. This increases tolerance to lactate and builds muscle during recovery.</p>