

60 Percent of VO2 max	
220	
<u>-18</u>	Age
202	Maximum heart rate
<u>-50</u>	Resting heart rate
152	Beats per minute
<u>×.60</u>	%
91	Beats per minute
<u>+50</u>	Resting heart rate
141	Beats per minute

70 Percent of VO2 max	
220	
<u>-18</u>	Age
202	Maximum heart rate
<u>-50</u>	Resting heart rate
152	Beats per minute
<u>×.70</u>	%
106	Beats per minute
<u>+50</u>	Resting heart rate
156	Beats per minute

The most effective aerobic training zone for the person in the preceding example would require an exercise heart rate of between 141 and 156 beats per minute.

Following is an example of training zones calculated for an eighteen year old with a resting heart rate of 50 BPM.

### Training Zones and Specific Energy Systems

Resting Heart Rate	Light Activity	Increased Activity	Most Efficient Aerobic Training Zone	Approximate Lactate Threshold	Anaerobic Training Zone (Accumulation of high blood lactate, resulting in rapid fatigue)
50-----	120+	----125---- 50%	----141-----156---- 60%-----70%	-----179----- 85%	180-----190+
Energy Systems →	Primarily Aerobic			Primarily Anaerobic	