

Target Heart Rate

Five Training Heart Rate Zones and Their Uses

Heart Rate zone	% HR max	Workout Duration	System Trained	Why use this HR zone?	Term for this zone
Moderate activity	50-60	60+ min	Metabolic fuel burn	Burns fat slowly	Easy pace
Weight Management	60-70	30+ min	Cardiorespiratory	Burns fat faster	Base work
Aerobic	70-80	8-30 min	Aerobic	Burns fat fastest	Long-term
Anaerobic	80-90	5-8 min	Lactate clearance	Builds Muscle	Tempo
Red-line	90-100	1-5 min	Anaerobic	Builds Muscle	Short-term

Example of a Cardiorespiratory FITT plan

	Base Health-Related Fitness	Intermediate Health-Related Fitness	Athletic Performance Fitness
Frequency	3 times per week	3-5 times per week	5-6 times per week
Intensity	50-60% max HR	60-75% max HR	65-90% max HR
Time	30 min total, accumulated*	40-60 min total, accumulated*	60-120 min total, accumulated*
Type	Walking, jogging, dancing, games, and activities that require minimal equipment demands	Jogging, running, fitness-based games and activities, intramural and local sport leagues	Training programs, running, aerobics, interscholastic, and community sports programs
Overload	Not necessary	Be creative with activity to increase tempo or decrease rest period; 1-3 times per week	Program design should stress variable intensities and durations to bring individual to overload; 2-3 times per week