

# THRESHOLDS OF TRAINING

**Table 7.4**

## **Physical Activity Threshold and Target Zones Threshold of Training**

	<b>Threshold of training</b>	<b>Target zone</b>
<b>Frequency</b>	3 days/week	3-6 days/week
<b>Intensity</b>	50% HRR 65% maxHR	50-85% HRR 65-90% maxHR
<b>Time</b>	20 continuous min	20-60 continuous min

Note: The values in this table are for those with good cardiovascular fitness. Those with low fitness should use 40% of heart rate range or 55% for the maximal heart rate to calculate threshold values.