

HEART RATE TRAINING GUIDE

HOW TO FIND YOUR ANAEROBIC THRESHOLD (A.T.)



ACTIVE METABOLIC ASSESSMENTSM

Schedule an Active Metabolic Assessment at the Fitness Services Desk to get your most accurate A.T. reading and your zone ranges.

HEART RATE MONITOR

Using a heart rate monitor, note the moment during your workout when you become uncomfortable and your breathing gets heavy. This is an estimate of your A.T.

QUICK ESTIMATE

Subtract your age from 220. This is a very general estimate of your A.T.

PRECISE

LESS PRECISE

LEAST PRECISE

ZONE 5

PEAK VO2 TRAINING —
SPEED & POWER
EXTREMELY HARD

132 138 143 149 154 160 165 171 176 182 187 193 198 204 209

PEAK

ZONE 4

PEAK VO2 TRAINING
VERY HARD

131 137 142 148 153 159 164 170 175 181 186 192 197 203 208
121 126 131 136 141 146 151 156 161 166 171 176 181 186 191



YOUR A.T.

120 125 130 135 140 145 150 155 160 165 170 175 180 185 190

ZONE 3

THRESHOLD TRAINING
HARD

119 124 129 134 139 144 149 154 159 164 169 174 179 184 189
108 113 117 122 126 131 135 140 144 149 153 158 162 167 171

ZONE 2

AEROBIC DEVELOPMENT
MODERATE

107 112 116 121 125 130 134 139 143 148 152 157 161 166 170
84 88 91 95 98 102 105 109 112 116 119 123 126 130 133

ZONE 1

WARM-UP/COOL-DOWN
EASY

83 87 90 94 97 101 104 108 111 115 118 122 125 129 132
72 75 78 81 84 87 90 93 96 99 102 105 108 111 114

1

Determine your A.T. by using the quick estimate method on the chart at left.

2

Locate your A.T. in the black bar on the chart.

3

Find your zone ranges by tracking vertically from your A.T.