

## TRAINING ZONES

In order to decide upon the individual training zone, you have to perform the following calculations based on the max. heart rate for each training goal:

Percent of max. HR	50 - 60%	60 - 70%	70 - 80%	80 - 90%	90 - 100%
Zone	Heart health zone	Fat burning zone	Aerobic zone = fitness	Strength – endurance zone	Anaerobic training
Affect	Strengthening of the cardiovascular system	Here the body burns the highest percentage of calories from fat. The cardiovascular system is trained and fitness improved.	Optimal improvement of breathing and circulation for enhancing basic endurance!	Improvement in pace and for enhancing basic endurance	Intentional overload of muscular system, high risk of injury for leisure sportspersons, for those with med. history: danger for the heart
Suitable for whom?	Ideal for beginners	For weigh control or weight reduction	Leisure sportspersons	Ambitious leisure sportspersons, athletes	Only athletes
Training	Regenerative training		Fitness training	Strength - endurance	Developmental training
Proportion of endurance training	15%		60-70%	15%	5%

With the aid of the heart rate monitor, the training limits can be observed dependent on the training goal and over-exhaustion can be prevented.