



Cardio zones





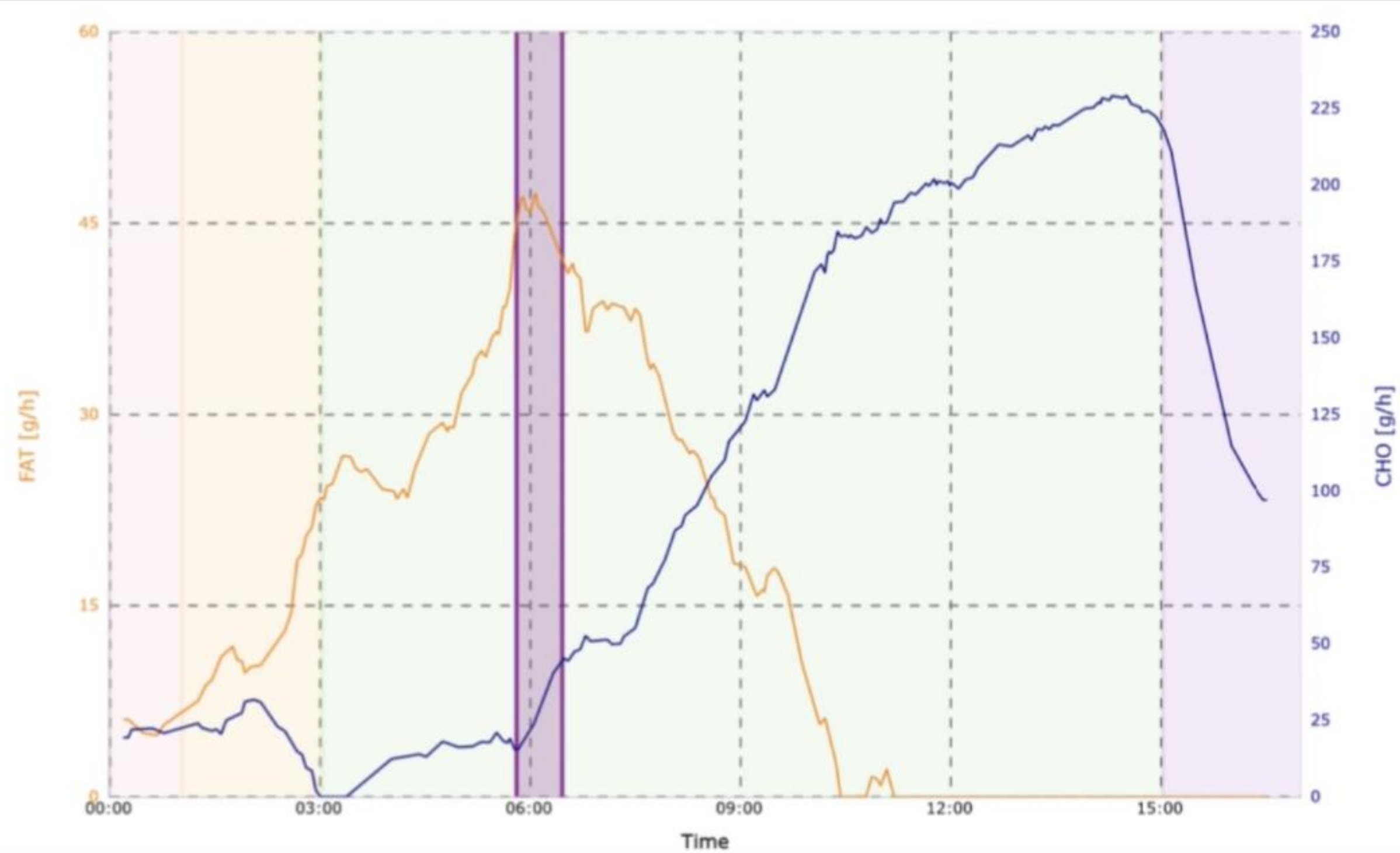
There are 5

Fat + carb burn vs
exercise intensity

fat in orange

2

4



zone 1

3

5

carbs in blue



Zone 1





Zone 1

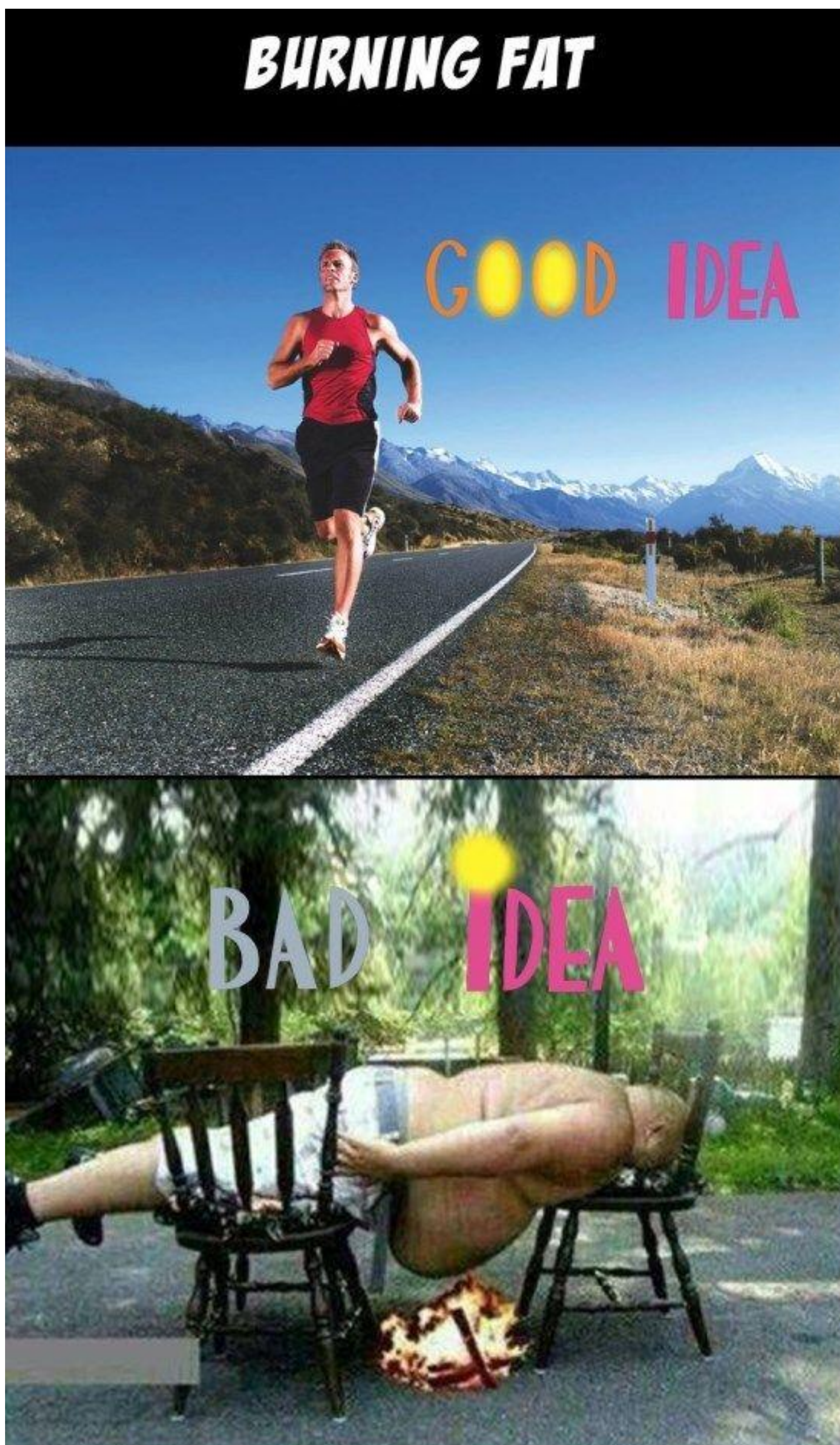
- Above rest but below training
- Using mostly fat
- Steps or NEAT (non exercise activity thermogenesis)

How much? As much as possible





Zone 2





Zone 2

- Peak aerobic
- Peak fat oxidation
- Improving fat oxidation, mitochondria health, insulin resistance
- basically how to be more human

How much? 150 min/week ideally





Zone 3



waste of time



Zone 3

- Aerobic glycolysis (carbs)
- Helps speed/efficiency in zone 2
- Lactate USAGE
- Useful for competition
- Or for people who enjoy discomfort

How much? Up to you, could do 0 in my book





Zone 4

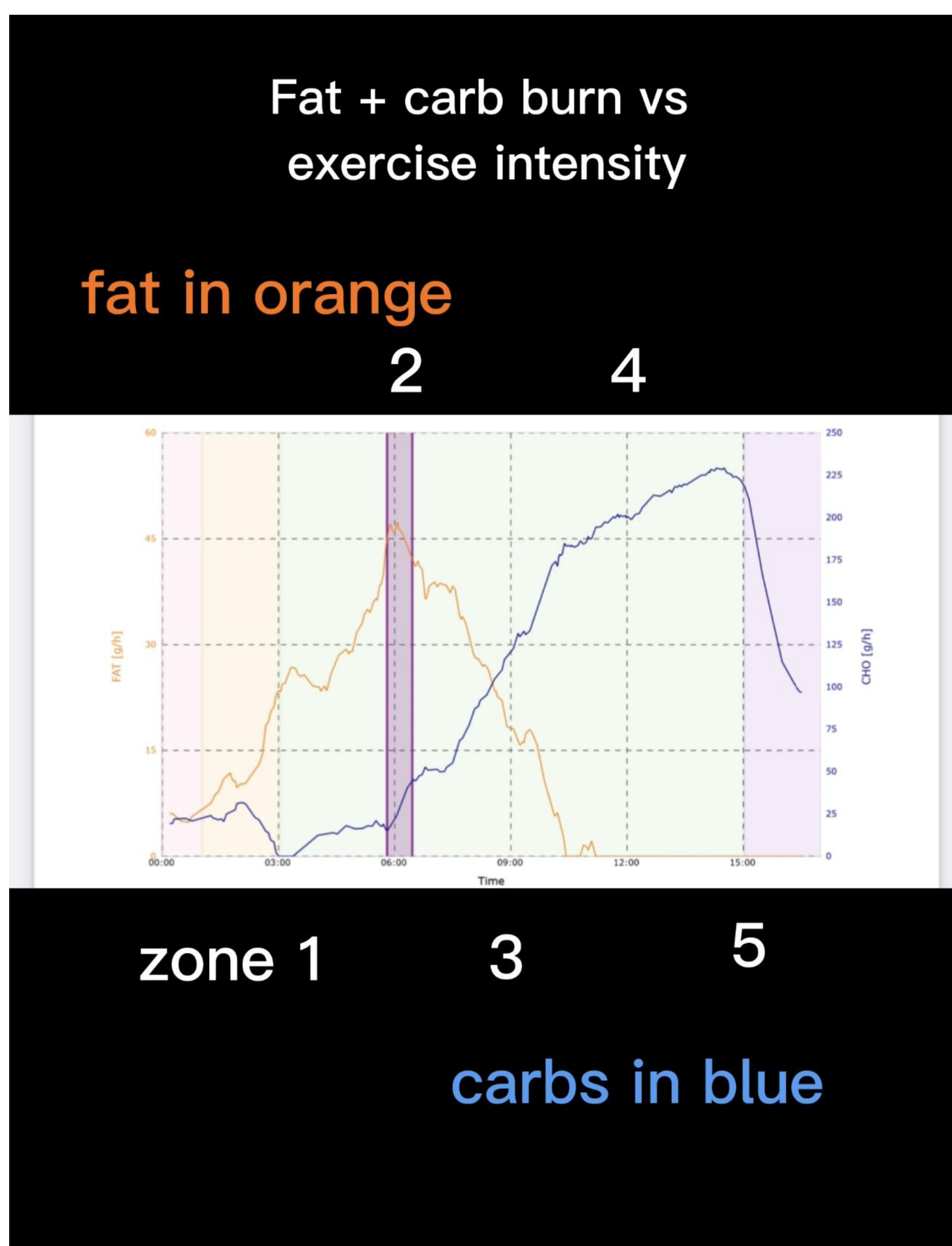




Zone 4

- “Legs before lungs”
- Acid buffering
- Useful for competition
- Or for people who love pain

How much? Up to you





Zone 5





Zone 5

- “Lungs before legs”
- Peak cardio and pulmonary health
- Contractile strength
- Oxygen supply at higher intensities

How much? Once you’ve built a foundation, a couple reps once or twice a week





For most people

- Zone 1 all day
- 150 min of zone 2 per week
- Once in decent shape, zone 5 1-2x per week
- If you have a heart condition clear with doctor before zone 5



For people who care about their numbers

- Addin zone 3 and 4



fin

