



## Cardio Zones Cheat Sheet

	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
<b>Benefit (simplified)</b>	Biggest and Best area to increase overall calorie burn	Feel better all the time, burn a ton of calories	Get faster in zone 2 or racing pace	mental fortitude, competition/athletic conditioning	"Strength" of heart
<b>Benefit (short, complicated)</b> [all are good for heart/lung health]	Calorie burn, anti-sedentary	Improve fat oxidation, mitochondria health, insulin resistance, blood flow to and from stored fat, capillarization	Improved carb oxidation, lactate usage, movement efficiency	Lactate clearance/buffering, sustained speed	Contractile strength of left ventricle/stroke volume
<b>Primary Fuel</b>	Fat	Fat	Carbs (aerobic)	Carbs (anaerobic)	Carbs (anaerobic)
<b>Secondary Fuel</b>	Carbs (aerobic)	Carbs (aerobic)	Fat	Carbs (aerobic)	Carbs (aerobic)
Ways to tell which zone you're in					
<i>if you're bad at cardio, you probably have to aim lower than HR averages. If you're experienced, likely above - which is why i added the other ways to tell</i>					
<b>% of age predicted HR Max (220-your age)</b>	Resting-50%	50-70%	70-80%	80-90%	90-100%
<b>RPE (How difficulty it feels 1-10)</b>	1-4	4-6	7-8	9	10
<b>Target HR (on average, assuming you're &lt;40 years old)</b>	60-110ish	110-140ish	140-160ish	160+	180+
<b>Talk Testing</b>	can talk normal, like at rest	can talk in full sentences comfortably, but someone on the other line could tell you're at least moving	2-4 words before needing a breath	prob not	nah
<b>Physical Discomfort</b>	None	None, as you go on it typically feels <b>easier not harder</b>	As you go on it typically gets harder	Burning/acidic feeling in limbs. "legs before lungs"	Breathing/Heart rate at max. "lungs before legs"
<b>How long can you spend here</b>	Virtually limitless	4+ hours	30-120 min	2-10 min	30s - 2 min

Programming					
	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
<b>Common forms</b>	Steps, N.E.A.T., laundry, cooking	Long continuous, comfortable cardio	Long continuous, not as comfortable cardio but can mentally push through for a long time	Long intervals with long rest or short intervals with short rest	Max effort, max HR intervals from :30 to 2 min moderate to long rest
<b>How much <i>time</i> per week, spent in each</b>					
<b>Beginner</b>	as much as you can	95-100%	Only if you want		0-5%
<b>Intermediate</b>	as much as you can	90-95%	Only if you want		5-10%
<b>Advanced</b>	as much as you can	80%	10%		10%
<b>Pro (competitive)</b>	as much as you can	70-80%	10-20%		10%
<b>In Practice (just examples)</b>					
<b>Beginner</b>	Steps	30-45 min, 2-3x per week	15 min continuous at above zone 2 speed	20 on 20 off for 4 min	5 x 30s on at max HR, 2 min rest
<b>Intermediate</b>	Steps	45-60 min, 2-4x per week	30 min continuous at above zone 2 speed	5 x 1 min on 1 min off	5 x 45s on, 2-3 min rest
<b>Advanced</b>	Steps	60-90 min, 3-5x per week	30-60 min continuous at above zone 2 speed	2-5 reps of 2-3 min on, equal time rest	2-4 reps of 1 min on at max HR, 2-3 min rest
<b>Pro (competitive)</b>	Steps	90-120 min, 3-5x per week	60+ min continuous at above zone 2 speed	2-5 reps of 3-10 min on, equal time rest	2-4 reps of 1-2 min on at max HR, 2-5 min rest