

Training zones	Effort	Rate of Perceived Exertion	Heart Rate	Talk test
Zone 1	V.EASY	5 out of 10 effort	50-60% Max HR	Very happy to talk
Zone 2	EASY	6 out of 10 effort	60-70% Max HR	Can talk comfortably
Zone 3	MEDIUM	7 out of 10 effort	70-80% Max HR	Can talk but breathless
Zone 4	HARD	8 out of 10 effort	80-90% Max HR	Too hard to talk
Zone 5	V.HARD	9-10 out of 10 effort	90-100% Max HR	No way you are able to talk

