

Zones	Pulse * approximate	Speed	Perceived effort
1	< 150 – 155 bpm	<ul style="list-style-type: none"> • 5/10 km: _____ min/km • ½ marathon: _____ min/km • marathon: _____ min/km 	<p>Comfortable. Conversation is possible and the rhythm can be maintained for hours. A warm-up speed or recovery run zone.</p> <ul style="list-style-type: none"> • Long runs, technical running.
2	150 – 160 bpm	<ul style="list-style-type: none"> • 5/10 km: _____ min/km • ½ marathon: _____ min/km • marathon: _____ min/km 	<p>Conversation is still possible, however some concentration is required to maintain rhythm and form.</p> <ul style="list-style-type: none"> • Marathon pace or a little slower than marathon pace for experienced runners.
3	160 – 170 bpm	<ul style="list-style-type: none"> • 5/10 km: _____ min/km • ½ marathon: _____ min/km • marathon: _____ min/km 	<p>A steady run. What would be considered a good effort, but can be consistently maintained for 10 to 15 minutes. This is an easy zone to overload because we often have the impression that we are not doing any real intensity. If conversation is difficult you are in Zone 3. Most cases of overtraining stem from this zone.</p> <ul style="list-style-type: none"> • ½ marathon pace

4	170 – 180 bpm	<ul style="list-style-type: none"> • _____ min/km 	<p>An interval rhythm not lasting more than 4 minutes or for fractioned intervals up to 6 minutes. This zone and type of training will allow you to feel an accumulation of lactic acid.</p> <ul style="list-style-type: none"> • 5 km pace
5	> 180 bpm	<ul style="list-style-type: none"> • _____ min/km 	<p>Appropriate for intervals not lasting more than 2 minutes, or for fractioned intervals up to 5 minutes. Virtually the fastest possible speed you can go. However, even at this speed one must be certain of being able to complete the last interval of the set at the same speed as the first.</p>

Comments:

- 1) Please note that HR may vary greatly from one athlete to another (as a function of age, physical conditioning, hydration, fatigue etc.) and should only be considered as a guide and one of a number of limiting factors.
- 2) 10km is not listed on the chart, but is situated somewhere between zones 3 and 4.