

# The Zones Chart

Zone	Max Heart Rate	Fuel Burned	Calories Burned	Workout Type	Benefits	Wellness Zones
<b>RED Redline</b>	100-90%	Moslty Carbs	~ 20 per min	Max effort sprinting high speed intervals	Get FASTEST Improve lactate tolerance	Performance
<b>Yellow Threshold</b>	80-90%	Carbs > Fat	~ 15 per min	Tine trials intervals, tempo hill work	Get FASTER Improved aerobic capacity, lactate clearance	Performance Fitness
<b>Green Aerobic</b>	70-80%	Carbs = Fat	~ 10 per min	Endurance Steady State	Get FITTER Improved aerobic capacity, optimal cardiovascular training	Performance Fitness Health
<b>Blue Temperate</b>	60-70%	Fat > Carbs	~ 7 per min	Long slow distance regeneration	Stay FIT Improved fat mobilization, basic cardio training	Performance Fitness Health
<b>Grey Healthy Heart</b>	50-60%	Mostly Fat	~4 per min	Warm up and cool Down rehabilitation	Improved self confidence, stress reduction, blood chemistry	Fitness Health