



HIGH INTENSITY INTERVAL TRAINING

| | HR Zone BPM | Benefits | Perceived Exertion | Recommended For: |
|---------------------|--------------------------------|----------------------------------------|-------------------------------------------------------|---------------------------------------------------|
| PERFORMANCE | 90 to 100% 180 – 200 | Max performance & speed | Exhausting for breathing and muscles | Those training for specific vigorous performances |
| HEART HEALTH | 70 to 90% 140 – 180 | Aerobic fitness & performance capacity | Some muscle fatigue, heavy breathing, sweating | Everyone: Moderately long activity |
| | 60 to 70% 120 – 140 | Basic endurance and fat burning | Light muscle exertion, easy breathing, light sweating | Everyone: Longer, more frequent activity |
| ACTIVE | 50 to 60% 100 – 120 | Overall health, warm-up, and cool-down | Easy for breathing and muscles | Everyone: Active warm-up & recovery |

Adapted from Polar Lessons for Life