| Scientific Study Results |  |  |  |
| :---: | :---: | :---: | :---: |
|  | Low range | Median | High range |
| Low Intensity (Zone 2) | 372 | 705 | 1038 |
| Moderate Intensity (Zone 3) | 743 | 1389 | 2035 |
| High Intensity (Zone 4) | 891 | 2196 | 3501 |



| Zone | Name | Intensity |
| :---: | :--- | :--- |
| 1 | Recovery | $<65 \% \mathrm{MHR}$ |
| 2 | Aerobic | $65-75 \% \mathrm{MHR}$ |
| 3 | Extensive endurance | $75-80 \% \mathrm{MHR}$ |
| 4 | Intensive endurance | $80-85 \% \mathrm{MHR}$ |
| 5 | Anaerobic threshold | $85-90 \% \mathrm{MHR}$ |
| 6 | Maximum aerobic | $>90 \% \mathrm{MHR}$ |
| 7 | Speed | Not applicable |

