

TARGET ZONE	INTENSITY % OF HR _{max}	EXAMPLE DURATIONS	PHYSIOLOGICAL BENEFIT / TRAINING EFFECT
5 MAXIMUM	90-100 %	Intervals 8 sec - 3 min	<ul style="list-style-type: none"> - tones the neuromuscular system - increases maximum sprint race speed
4 HARD	80-90 %	Intervals 2 -12 min	<ul style="list-style-type: none"> - increases anaerobic tolerance - improves high speed tolerance
3 MODERATE	70-80 %	Intervals 3 - 45 min	<ul style="list-style-type: none"> - enhances aerobic power - improves blood circulation
2 LIGHT	60-70 %	60 - 300 min	<ul style="list-style-type: none"> - increases metabolism and aerobic endurance - strengthens body so that it tolerates higher intensity training
1 VERY LIGHT	50-60 %	20 - 60 min	<ul style="list-style-type: none"> - helps and speeds up recovery after heavier exercises