

Heart Rate Zone Chart

Five training zones by age | Max HR = 220 minus age

The Five Training Zones

Zone	% Max HR	What it trains
Zone 1 - Recovery	50 - 60%	Warm-up, cool-down, easy recovery
Zone 2 - Endurance	60 - 70%	Aerobic base and fat use
Zone 3 - Aerobic	70 - 80%	Cardio fitness and stamina
Zone 4 - Threshold	80 - 90%	Speed and lactate threshold
Zone 5 - Maximum	90 - 100%	Peak power, short intervals

Zone Ranges by Age (beats per minute)

Age	Max HR	Z1 (50-60%)	Z2 (60-70%)	Z3 (70-80%)	Z4 (80-90%)	Z5 (90-100%)
20	200	100-120	120-140	140-160	160-180	180-200
25	195	98-117	117-136	136-156	156-176	176-195
30	190	95-114	114-133	133-152	152-171	171-190
35	185	92-111	111-130	130-148	148-166	166-185
40	180	90-108	108-126	126-144	144-162	162-180
45	175	88-105	105-122	122-140	140-158	158-175
50	170	85-102	102-119	119-136	136-153	153-170
55	165	82-99	99-115	115-132	132-148	148-165
60	160	80-96	96-112	112-128	128-144	144-160
65	155	78-93	93-108	108-124	124-140	140-155
70	150	75-90	90-105	105-120	120-135	135-150

These use the 220-minus-age estimate for maximum heart rate. For zones based on your resting heart rate (the Karvonen method), use the online calculator. Talk to a doctor before starting hard training if you have any heart concerns.