## Energy Zone Descriptions

**Endurance:** 65-75% maxHR. A long, sustained application of energy. High aerobic benefit & fat metabolism.

Most endurance sports training and aerobic base building is done in this zone.

**Strength:** 75-85% maxHR. Uses heavy resistance on hills to develop muscular endurance and power.

**Interval:** 65-92% maxHR. Emphasis on speed, tempo, timing and teaching the body to recover quickly.

**Race Day:** 80-92% maxHR. “Peak Performance” Sustained work at anaerobic threshold. Requires a substantial fitness base. Not for beginners!

**Mystery?:** A variety of terrains, tempos and intensities. Expect the unexpected!