

## Training Zones for Junior and Senior Squads

Zone	Symbol	Fuel	Intensity %	H. Rate from Max	Lactate mM
Low Intensity Aerobic	A 1	Fat	65 - 75	75 to 50	>2
Main Aerobic	A 2	Fat - Cho	75 - 80	40 to 50	>2
Aerobic Development	A 3	Fat - Cho	80 - 85	30 to 40	2 - 3
Anaerobic Threshold	A T	Fat - Cho	85 - 92	20 to 30	3 - 6
Max Aerobic	MV 02	Cho	92 - 100	20 to Max	5 - 10
Sprint	S.P	ATP - CP	100	N/A	N/A

To work out your maximum heart rate:-  
220 minus "your age" = your maximum heart rate