

HURRICANES

EVERGREEN

Target Training Zone Reference Chart

Training Zone	Heart Rate (:10 count)	100 Pace (+ or - base pace)	Energy Consumption	Target Energy Systems	This feels like...	We use this for...
WHITE	120 or less (20 or less)	+ :15 or more	Aerobic	Oxidative	<i>I could do this comfortably all day.</i>	Warm-up Recovery
PINK	120-150 (20-25)	+ :05 to +:15	Aerobic	Oxidative	<i>I could do this comfortably for an hour.</i>	Warm-up Endurance Recovery
RED	150-170 (25-28)	+ :00 to +:05	Anearobic Threshold	Oxidative / Glycolytic	<i>I could do this for an hour with difficulty.</i>	Endurance
PURPLE	160-180 (27-30)	- :05 to +:01	Anearobic Threshold	Oxidative / Glycolytic	<i>I could this for 1000 yards with difficulty.</i>	Endurance
BLUE	180-190 (30-32)	- :10 to - :05	Anearobic	Glycolytic / Phosphagen	<i>I could do this for 200 yards or less with difficulty.</i>	Race Pace
GOLD	175 or more (29 or more)	- :10 or More	Anearobic	Phosphagen	<i>my absolute maximum effort. I could do this for 50 yards or less.</i>	Speed Power