



| % Heart Rate Max | |
|------------------|---------------------|
| <60% | Warm up / Cool down |
| 60-70% | Fat Burn |
| 70-80% | Aerobic Endurance |
| 80-90% | Anaerobic Endurance |
| 90-100% | Red Line / VO2max |

| System | Speed | Capacity | Duration | Fuel |
|---------|--------|----------|--------------|-----------------------------|
| Aerobic | Slow | Large | >2min | Fat, CHO, Protein, Glycogen |
| Lactate | Fast | Medium | 10sec - 2min | CHO & Glycogen |
| CP | Sprint | Low | <10 sec | ATP, Phosphocreatine |