

**KEY**

Glucose Burned

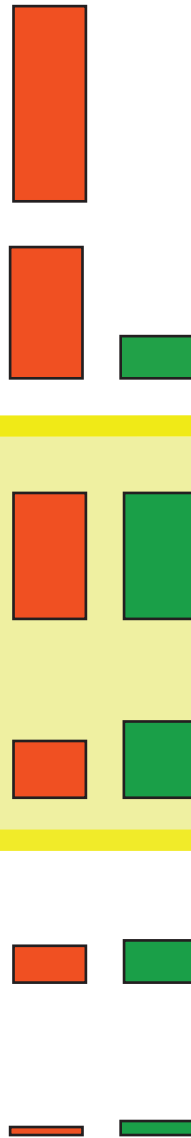
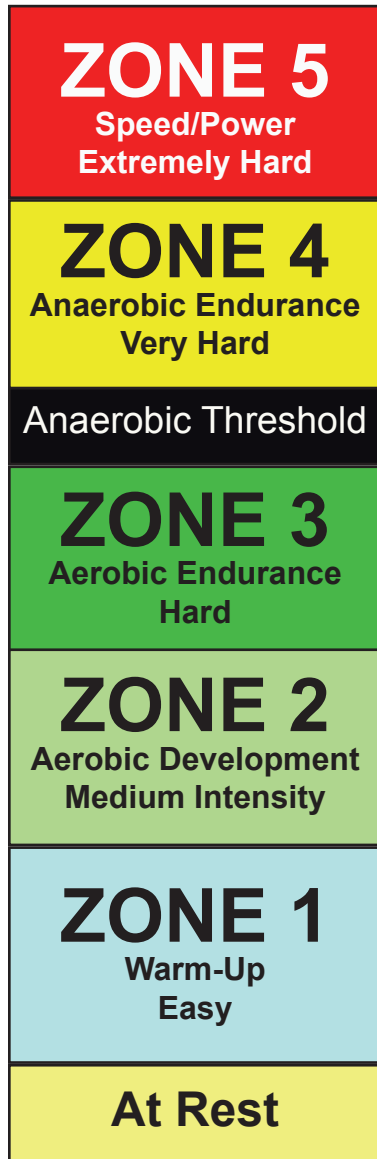


Fat Burned



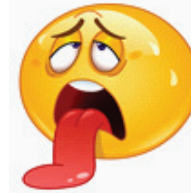
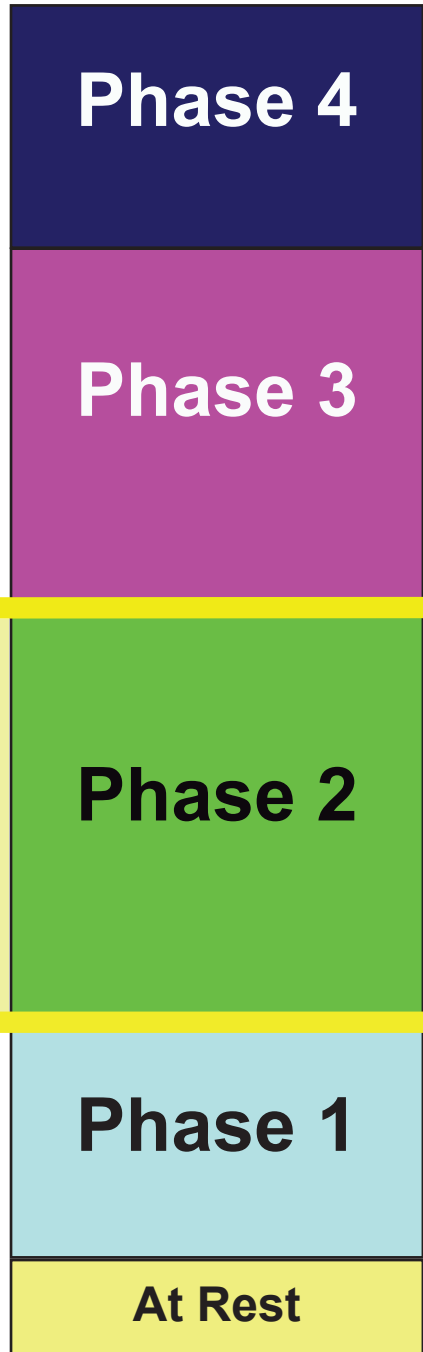
**Heart Rate Training Zones**

from "The AT Factor," By FERNANDO PAGÉS RUIZ, CSCS, in Experience Life (pub. by *Life Time Fitness*)



**Phases and Ventilatory Thresholds**

from *American Council on Exercise Personal Training Manual*, 4th Edition



**Phase 4** – Exhaustion. You are no longer able to continue to exercise.

**Phase 3** – Your **breathing rate suddenly increases** to a level where you are not able to carry on a normal conversation. The beginning point of Phase 3 is referred to as Ventilatory Threshold 2 (VT 2).

**Ventilatory Threshold 2**

**Phase 2** - There is a **noticeable rise in your breathing rate**. Conversation or reciting the alphabet is accompanied by brief pauses between some words or letters, but you are able to continue exercising at your current pace. The beginning point of Phase 2 is referred to as Ventilatory Threshold 1 (VT 1).

**Ventilatory Threshold 1**

**Phase 1** – You experience a **gradual increase in breathing rate**, but you can **comfortably carry on a conversation** or recite the alphabet without pausing between words or letters.

**Warm-up** - Low intensity for 3 to 10 minutes.