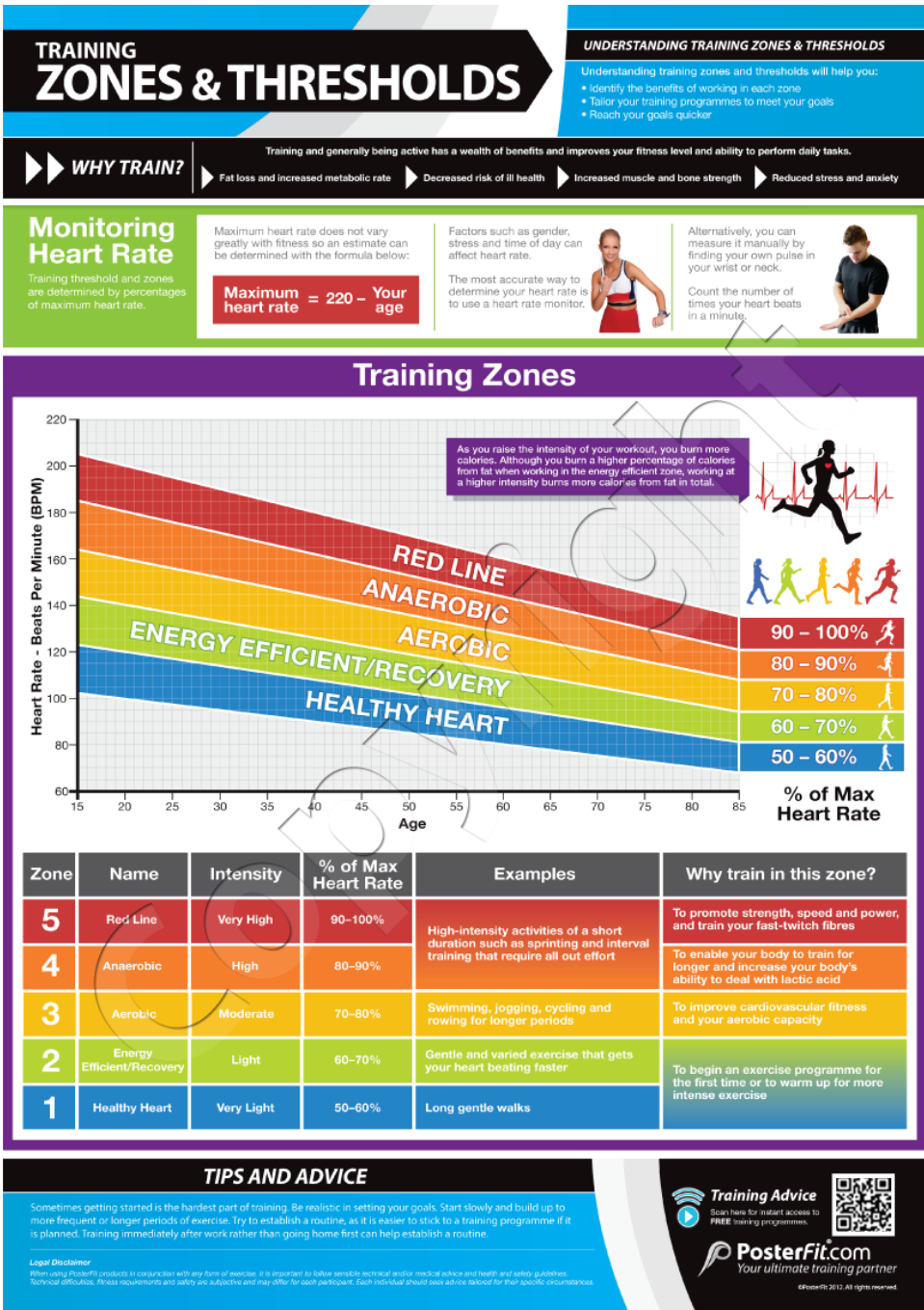


## Training Zones and Thresholds Chart– PT001

<p><b>Description</b></p>	<ul style="list-style-type: none"> <li>◆ The Training Zones and Thresholds poster shows users how to use heart rate as a measure of training intensity.</li> <li>◆ The chart highlights the benefits of working at different intensities and helps users identify the best intensity to match their goals.</li> <li>◆ The QR code located in the bottom right corner of the chart provides access to various training programmes.</li> </ul>																																				
<p><b>Details</b></p>	<ol style="list-style-type: none"> <li>1. Dimension: 840 x 594 mm (A1 Size)</li> <li>2. Material: 200gsm gloss paper laminated with 75 Micron clear polyester both sides.</li> </ol>																																				
<p><b>Image</b></p>	 <p>The poster content includes:</p> <ul style="list-style-type: none"> <li><b>TRAINING ZONES &amp; THRESHOLDS</b> title and subtitle: <i>UNDERSTANDING TRAINING ZONES &amp; THRESHOLDS</i></li> <li>Text: "Understanding training zones and thresholds will help you:             <ul style="list-style-type: none"> <li>• Identify the benefits of working in each zone</li> <li>• Tailor your training programmes to meet your goals</li> <li>• Reach your goals quicker</li> </ul> </li> <li><b>WHY TRAIN?</b> section with benefits: Fat loss and increased metabolic rate, Decreased risk of ill health, Increased muscle and bone strength, Reduced stress and anxiety.</li> <li><b>Monitoring Heart Rate</b> section with formula: <math>\text{Maximum heart rate} = 220 - \text{Your age}</math>. It also notes that maximum heart rate varies with fitness and is affected by gender, stress, and time of day. It suggests using a heart rate monitor as the most accurate way.</li> <li><b>Training Zones</b> graph showing Heart Rate (BPM) vs. % of Max Heart Rate for ages 15-85. The zones are:             <ul style="list-style-type: none"> <li>RED LINE (90-100%)</li> <li>ANAEROBIC (80-90%)</li> <li>AEROBIC (70-80%)</li> <li>ENERGY EFFICIENT/RECOVERY (60-70%)</li> <li>HEALTHY HEART (50-60%)</li> </ul> </li> <li><b>Table of Training Zones:</b> <table border="1"> <thead> <tr> <th>Zone</th> <th>Name</th> <th>Intensity</th> <th>% of Max Heart Rate</th> <th>Examples</th> <th>Why train in this zone?</th> </tr> </thead> <tbody> <tr> <td>5</td> <td>Red Line</td> <td>Very High</td> <td>90-100%</td> <td>High-intensity activities of a short duration such as sprinting and interval training that require all out effort</td> <td>To promote strength, speed and power, and train your fast-twitch fibres</td> </tr> <tr> <td>4</td> <td>Anaerobic</td> <td>High</td> <td>80-90%</td> <td></td> <td>To enable your body to train for longer and increase your body's ability to deal with lactic acid</td> </tr> <tr> <td>3</td> <td>Aerobic</td> <td>Moderate</td> <td>70-80%</td> <td>Swimming, jogging, cycling and rowing for longer periods</td> <td>To improve cardiovascular fitness and your aerobic capacity</td> </tr> <tr> <td>2</td> <td>Energy Efficient/Recovery</td> <td>Light</td> <td>60-70%</td> <td>Gentle and varied exercise that gets your heart beating faster</td> <td>To begin an exercise programme for the first time or to warm up for more intense exercise</td> </tr> <tr> <td>1</td> <td>Healthy Heart</td> <td>Very Light</td> <td>50-60%</td> <td>Long gentle walks</td> <td></td> </tr> </tbody> </table> </li> <li><b>TIPS AND ADVICE</b> section: "Sometimes getting started is the hardest part of training. Be realistic in setting your goals. Start slowly and build up to more frequent or longer periods of exercise. Try to establish a routine, as it is easier to stick to a training programme if it is planned. Training immediately after work rather than going home first can help establish a routine."</li> <li><b>Training Advice</b> section with QR code and text: "Scan here for instant access to FREE training programmes."</li> <li><b>PosterFit.com</b> logo and tagline: "Your ultimate training partner"</li> </ul>	Zone	Name	Intensity	% of Max Heart Rate	Examples	Why train in this zone?	5	Red Line	Very High	90-100%	High-intensity activities of a short duration such as sprinting and interval training that require all out effort	To promote strength, speed and power, and train your fast-twitch fibres	4	Anaerobic	High	80-90%		To enable your body to train for longer and increase your body's ability to deal with lactic acid	3	Aerobic	Moderate	70-80%	Swimming, jogging, cycling and rowing for longer periods	To improve cardiovascular fitness and your aerobic capacity	2	Energy Efficient/Recovery	Light	60-70%	Gentle and varied exercise that gets your heart beating faster	To begin an exercise programme for the first time or to warm up for more intense exercise	1	Healthy Heart	Very Light	50-60%	Long gentle walks	
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