

Aerobic Training Intensity

Intensity	%HR_{max}	%VO_{2max}	Perceived Exertion (6-20 scale)	Perceived Exertion (1-10 scale)	Talk Test
Very light	< 57	< 37	Very light (< 9)		
Light	57 - 63	37 - 45	Very light – fairly light (9 -11)	3 – 4	Comfortable speech is possible
moderate	64 - 76	46 - 63	Fairly light to somewhat hard (12 – 13)	5 – 6	Speech possible with some difficulty
Vigorous	77 - 95	64 - 90	Somewhat hard to very hard (14 – 17)	7 – 8	Speech limited to short phrases
Near-maximal to maximal	≥96	≥91	≥ Very hard (≥ 18)	> 9	speech is very difficult

Garber et al, Scherr, J. et al, Webster, A. L., & Aznar-Láin, S.

Aerobic Training Programs

	Long, slow distance	Pace tempo	Interval Training	HIIT	Fartlek
Intensity	70% VO_2 max	At lactate threshold	Close to VO_2 max	90% VO_2 max	70% - 90% VO_2 max
HR range	80% max HR		100% max HR	96% max HR	81-96% max HR
Time	30 min – 2 hours Slower than race pace	Steady: 20-30 min Intermittent: Shorter Increase distance not intensity	Work to Rest at 1:1 Work = 3-5 min Rest = 3-5 min (Can be as short as 30 seconds)	45 sec – 4 min Work to Rest \geq 2-3 min @ 90% VO_2 max Rest \leq 2 min	Easy: 70% VO_2 max Burst: 85-90% VO_2 max

Haff and Triplett