

Heart Rate

Body & health

Resting and maximum heart rate, and what the training zones mean.

Zones as a percentage of estimated maximum heart rate.

Zone	% of max	Feels like
1 — very light	50–60%	Easy conversation
2 — light	60–70%	Comfortable, can talk
3 — moderate	70–80%	Short sentences only
4 — hard	80–90%	A few words
5 — maximum	90–100%	No speech

Estimated max $\approx 220 - \text{age}$, with wide individual variation. Typical adult resting rate is 60–100; fit adults are often lower.