

Personal Training Zones Chart

Date of T-Swim: _____ Circle one: T-15 T-20 T-30

RPE	Feeling of Exertion	Percent of SLTHR**	Training Zone
6	None at All		Resting
7			Resting
7.5	Extremely Light		Stroke Drills
8			Easy Recovery
9	Very Light	SLTHR x .70 = _____	Easy Recovery
10		SLTHR x .75 = _____	Easy Recovery
11	Light	SLTHR x .80 = _____	Low Aerobic
12		SLTHR x .85 = _____	Low Aerobic
13	Somewhat Hard	SLTHR x .90 = _____	High Aerobic
14		SLTHR x .95 = _____	High Aerobic
15	Hard (Heavy)	SLTHR x 1.00 = _____	Lactate Threshold
16			Red Line
17	Very Hard	SLTHR x 1.05 = _____	Red Line
18			Red Line
19	Extremely Hard	SLTHR x 1.10 = _____	Red Line
20	Maximal Exertion	SLTHR x 1.?? = _____	Red Line

** Swimming Lactate Threshold Heart Rate = Immediate Heart Rate at end of the T-Swim

