



5 Heart Rate Zones For Runners

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1

50 – 60%

Very Light

Brisk walking or
very easy
running.
Aerobic.

Light

Comfortable
running pace.
Aerobic.

2

60 – 70%

3

70 – 80%

Moderate

Running with
some effort.
Aerobic and
Anaerobic.

Hard

Hard effort
running over
shorter
distances.
Anaerobic

4

80 – 90%

5

90 – 100%

Very Hard

Short fast
bursts such as
sprinting.
Anaerobic.