

MYZONE EFFORT ZONES

How you should feel during your exercise session

95%	4 MEPs/min	I'm at my max effort and seriously about to pass out!	
90%	4 MEPs/min	I'm feeling it a LOT and am nearing my max effort!	
85%	4 MEPs/min	I can grunt in response to your questions and I'm going to struggle to keep this pace for a long time.	
80%	4 MEPs/min	Now we are pushing it!	
75%	3 MEPs/min	I can still talk but I am slightly breathless and definitely sweating.	
70%	3 MEPs/min	I'm just above comfortable. I am sweating more and my talking is interrupted with breathing.	
65%	2 MEPs/min	I'm comfortable and you can hear that I'm beginning to breath a lot more.	
60%	2 MEPs/min	I'm starting to breathe a bit harder, but it's still pretty easy.	
50-59%	1 MEP/min	I'm just starting out and can maintain this pace all day long.	
49%	0 MEP/min	I'm either asleep or sitting down watching TV.	