

VO2 Max Explanation

VO2 Max measures how effectively your body delivers and uses oxygen during exercise. Higher values generally reflect stronger cardiovascular fitness. VT1 (Aerobic Threshold) is the point where your body begins shifting more toward carbohydrate use. VT2 (Anaerobic Threshold) is where lactate builds faster than it can be cleared. Most training should occur below VT2, with targeted higher-intensity sessions to improve performance.

Zone	Heart Rate	Purpose / Focus
Z1	< VT1	Recovery, easy movement
Z2	VT1 – Midpoint	Build aerobic base, improve endurance & fat metabolism
Z3	Mid-range	Moderate effort, tempo training
Z4	At VT2	Improve threshold performance and VO2 Max
Z5	> VT2	Short, high-intensity efforts

Training Recommendations: • 4–5 sessions per week in Zone 2 to build endurance and cardiovascular health. • 1–2 interval sessions per week in Zones 4–5 to improve speed and performance. • Use heart rate monitoring to guide intensity and recovery.