

EFFORT

EFFECT

**Maximize
Performance**

**MAXIMUM
90-100%**



BENEFIT: HELPS FIT ATHLETES DEVELOP SPEED

**Improve
Fitness**

**HARD
80-90%**



**BENEFIT: INCREASES MAXIMUM PERFORMANCE
CAPACITY FOR SHORTER SESSIONS**

**Lose
Weight**

**MODERATE
70-80%**



BENEFIT: IMPROVES AEROBIC FITNESS

**LIGHT
60-70%**



**BENEFIT: IMPROVES BASIC ENDURANCE
AND FAT BURNING**

**VERY LIGHT
50-60%**



BENEFIT: HELPS WITH RECOVERY