

TALK TEST

RED
ZONE



Very Hard

Point of exhaustion; cannot talk

VIGOROUS INTENSITY

GREEN
ZONE



Hard

Hard to speak; quick, deep breaths; sweating increases

VIGOROUS INTENSITY



Somewhat Hard

Breathing deeper and starting to sweat

MODERATE INTENSITY

BLUE
ZONE



Easy

Breathing a little bit faster but easy to talk

LOW INTENSITY



Resting

Can talk easily

