



The talk threshold heart rate is the level of exercise exertion at which talking becomes difficult. At this level of effort, you can barely maintain a conversation. Your talk threshold heart rate depends on how fit you are. Typically, the talk threshold heart rate is somewhere above the midpoint of zone 3 and the bottom of zone 4.

Choose a partner who is close to your fitness level and MHR. The two of you will be finding your talk threshold, the point at which shortness of breath prevents you from talking normally. This is not scientific—just fun!

Instructions

After a warm-up, gradually increase your heart rate to around the midpoint of zone 3, all the while maintaining a conversation. Continue increasing your intensity until you feel your speech being affected by the exertion. At that point, lower your intensity until conversation feels normal again. Continue exercising for 30 minutes, and try to determine the heart rate point at which your breathing and conversation are affected. Note your zone, and when you have finished, estimate your HZT points. A graph of this workout might look like the following figure.

