



Training Myth #2 - When doing cardio, you shouldn't go too fast because then you'll be out of the 'fat burning zone'....

The truth... this whole concept of a 'fat burning zone' is VERY misleading!!

Here's why...We've all seen this at the gym – the little chart on the various cardio machines that tells you to work at a pace that is WELL below what you are capable of in order to burn fat. While it is true that fat is used as fuel for the body to complete endurance activities, weight loss comes from creating a caloric deficit – whether you are using fat, carbohydrate, or even protein as fuel, the key is using up more than you take in. In order to burn more total calories, it is more effective to work at more intense levels or do interval training with bursts of high intensity activity.



Let's look at an example of a 40 year old (140lb) woman on the treadmill for 30 minutes. Usually the 'fat burning zone' is at about 60-65% of the Maximum Heart Rate. Working at 65% of her Max Heart Rate (about 117 beats per minute) she would burn approx 172 calories. About 50% of the fuel for this type of slower paced exercise would come from fat so 86 calories of fat would be burned.

The same woman working at 80% of her max heart rate (about 144bpm) would burn approx 260 calories. In this case, only about 40% of the fuel used for this more intense exercise comes from fat but because the total caloric expenditure is greater, 104 fat calories are burned.

The result: a smaller percentage of fat is being used with higher intensity activity but *more total calories are being burned*. So get moving...if you don't feel like you are working very hard - you're not!

[Click here for information on how to get an updated and effective cardio workout from Surefire Fitness.](#)

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