

Percentage of MAXIMUM

Intensity	Type	Sustainable Time / loaded repetitions / nbr series	Typical session WO-Rest	Benefits	Limits	Dangers	Technically Good to	Physically Good to	When
< 50 %	Very low	Very long / / no rest, 1 series	Continuous	Daily fitness	No improvement	None but boring	Learn a move, recover, warm up	Burn fat	30' daily
50 – 60 %	Low	Long / many reps / 2 series		Basic fitness	Little but fundamental improvement			Warn up / recover	Start the season, 1/ week
60 – 70 %	Basic	Rather long / 15 to 25 reps / 4 series	Long series, short recovery	Slow long term improvement			Gain consistency	Improve your endurance	Alternate 2 – 3 times per week
70 – 80 %	Active	Medium / 8 to 15 reps / 3 – 4 series	45''- 15''	Performances Maintainance					
80 – 90 %	Very active	Short / 4 to 7 reps / 2 – 3 series	30''- 30''	Fast but short term improvement	Tiring	Overtraining	Control under pressure	Push your limits	
90 – 100 %	Hard	Very short / 1 to 3 reps / 1 – 2 series	15''- 45''		Very tiring	Injuries			New feelings
>100%	Overwhelming	Id	1 or 2	Fun, challenge					