

TRAINING ZONES: OVERVIEW

Zone	Meaning
L1: Active Recovery	Easy, leisurely cruise to the coffee shop and back. You barely break a sweat.
L2: Endurance	Easy pace during which you can speak in complete sentences. Pace for most long rides, plus pace for CAF rides.
L3: Tempo	A pace that "feels like work," but you can maintain for a long time. You can speak in short phrases. OK for short periods.
L4: FTTHR	Hard pace that you can maintain for maximum of 30 minutes to an 1 hour. You will not want to talk.
L5: VO2 Max	Very hard pace that you can maintain for only a few minutes before you have to back off the pace.
L6: Anaerobic Capacity	Extremely hard pace that you can only maintain for less than a minute, and usually only 30 seconds or less.
L7: Neuromuscular Power	Short high pedal rate bursts that are not taxing when performing, but can make your legs feel very heavy afterwards.

TRAINING ZONES: DETAILED

1. Perform a Functional Threshold Heart Rate or Functional Threshold Power Test. Follow this link to a handout explaining the test:
<https://goo.gl/Vkv2bv>
2. Multiply the Threshold number by the percentages to the right to populate zones.

Functional Threshold Heart Rate (FTHR) ____ beats/minute	Zone	HR from %FTHR	%FTHR
	L1: Active Recovery	< ____ HR	<70%
	L2: Endurance	____ to ____ HR	70% to 83%
	L3: Tempo	____ to ____ HR	83% to 94%
	L4: FTTHR	____ to ____ HR	94% to 101%
	L5: VO2 Max	> ____ HR	>101%
	L6: Anaerobic Capacity	>> ____ HR	>>101%
	L7: Neuromuscular Power	N/A	N/A

Functional Threshold Power (FTP) ____ watts	Zone	Power from %FTP	%FTP
	L1: Active Recovery	< ____ W	<55%
	L2: Endurance	____ W to ____ W	55% to 75%
	L3: Tempo	____ W to ____ W	75% to 90%
	L4: FTP	____ W to ____ W	90% to 105%
	L5: VO2 Max	____ W to ____ W	105% to 120%
	L6: Anaerobic Capacity	> ____ W	>120%
	L7: Neuromuscular Power	>> ____ W	>>120%