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POWER-BASED TRAINING ZONES

LEVEL	NAME	AVG. POWER % of FTP	AVG. HR % of HR at FTP	PERCEIVED EXERTION/FEELING	TIME YOU'D TRAIN HERE
1	Recovery	0 – 55 %	0 – 68 %	Coffee shop pace. This effort should feel incredibly easy. You can have a long conversation with a friend without gasping.	30–90 min
2	Endurance	56 – 75 %	83 – 86 %	All day pace. This is the endurance zone. You can have a sweaty conversation, but you may need to occasionally pause for a deep breath.	All day
3	Tempo	76 – 90 %	84 – 94 %	This is where the work begins. You can hold this pace for well over an hour, but you're not able to easily talk in complete sentences, and you don't feel like talking too much!	1–4 hrs
SS	Sweet Spot	–	–	Some charts will add this zone that falls right at the top of tempo/the lowest point of threshold. Frank Overton of FasCat coaching is a fan of this “sweet spot” for optimal adaptations with relatively quick recovery.	30 min – 3 hrs
4	Lactic Threshold	91 – 105 %	95 – 105 %	Your “comfortably uncomfortable,” or in Wilper's terms, “weirdly sustainable” pace. You should be able to hold this pace for an hour, but it's not pleasant—20 minutes will feel like a lot, 60 will feel like eternity. You're sweating, huffing and puffing.	20–60 min
5	VO ₂ Max	106 – 120 %	>106 %	You're sucking the wind the entire time in this zone, says Wilpers. You could hold it for even a bit longer than eight minutes—the top of the range, but it's really going to hurt. If you were racing, this would likely be the power zone you'd use when trying to make an attack. This zone is meant to hit maximum oxygen consumption.	3–8 min
6	Anaerobic capacity	<121 %	DON'T EVEN LOOK	Think of this as a long sprint: It's not quite all-out effort, but you're getting close. The focus here is to improve your efficiency at using energy in the absence of oxygen. You are now above what you're able to actually replenish aerobically.	30–120 seconds
7	Neuromuscular Power	AS HARD AS YOU CAN!	DON'T EVEN LOOK	This might actually be the most fun of the power zones, says Wilpers. It's an all-out effort, as hard as you can possibly go, but it's so short that it feels exciting the whole time. All of your muscle fibers are activated, and you're completely focused.	Max 30 seconds but usually 10–15 seconds