



Steel City Endurance

Cycling Training Zones

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| Training Zone | HR %FTP | | Power %FTP | | RPE (6-20) | Zone Description |
|---------------------|-------------|-----|--------------|-----|------------|--|
| | Min | Max | Min | Max | | |
| Recovery Zone 1 | Rest to 68% | | 0% to 55% | | 6-8 | Active Recovery "Easy spinning" or "light pedal pressure", i.e., very low level exercise, too low in and of itself to induce significant physiological adaptations. Minimal sensation of leg effort/fatigue. Requires no concentration to maintain pace, and continuous conversation possible. Typically used for active recovery after strenuous training days (or races), between interval efforts, or for socializing. |
| Endurance Zone 2 | 69% to 83% | | 56% to 75% | | 9-11 | Endurance "All day" pace. Sensation of leg effort/fatigue generally low, but may rise periodically to higher levels (e.g., when climbing). Breathing is more regular than at level 1, but continuous conversation still possible. Frequent (daily) training sessions of moderate duration (e.g., 2 h) possible, but complete recovery from very long workouts may take more than 24 hours. |
| Tempo Zone 3 | 84% to 94% | | 76% to 90% | | 12-14 | Tempo Typical intensity of 'spirited' group ride, or briskly moving paceline. Greater sensation of leg effort/fatigue than at level 2. Requires concentration to maintain alone, especially at upper end of range, to prevent effort from falling back to level 2. Breathing deeper and more rhythmic than level 2; conversation must be somewhat halting. Recovery more difficult than after level 2 workouts, but consecutive days of level 3 training still possible if duration is not excessive and dietary carbohydrate intake is adequate. |
| LT Zone 4 | 95% to 105% | | 91% to 105% | | 15-16 | Lactate Threshold Just below to just above TT effort. Essentially continuous sensation of moderate or even greater leg effort/fatigue. Continuous conversation difficult, due to depth/frequency of breathing. Effort sufficiently high that sustained exercise at this level is mentally very taxing—therefore typically performed in training as multiple 'repeats', 'modules', or 'blocks' of 10-30 min duration. Consecutive days of training at level 4 possible, but such workouts generally only performed when sufficiently rested/recovered from prior training so as to be able to maintain intensity. |
| VO2 Max Zone 5 | 106% to NA | | 106% to 120% | | 17-18 | VO2 Max Typical intensity of longer (3-8 min) intervals intended to increase VO2max. Strong to severe sensations of leg effort/fatigue, such that completion of more than 30-40 min total training time is difficult at best. Conversation not possible due to often 'ragged' breathing. Should generally be attempted only when adequately recovered from prior training - consecutive days of level 5 work not necessarily desirable even if possible. |
| Anaerobic Zone 6 | N/A to N/A | | >120 to N/A | | 19 | Anaerobic Capacity Short (30 s to 3 min), high intensity intervals designed to increase anaerobic capacity. Heart rate generally not useful as guide to intensity due to non-steady-state nature of effort. Severe sensation of leg effort/fatigue, and conversation impossible. Consecutive days of extended level 6 training usually not attempted. |
| NM Power Zone 7 | N/A to N/A | | N/A to N/A | | 20 | Neuromuscular Power Very short, very high intensity efforts (e.g., jumps, standing starts, short sprints) that generally place greater stress on musculoskeletal rather than metabolic systems. Power useful as guide, but only in reference to prior similar efforts, not TT pace. |