



Steel City Endurance Cycling Training Zones

Zone		6-20	0-10	Description
1	Recovery	6	0	Very, very light
1	Recovery	7	0.5	
1	Recovery	8	1	
2	Endurance	9	2	Very light
2	Endurance	10		Fairly Light
2	Endurance	11	3	
3	Tempo	12	4	Somewhat hard
3	Tempo	13	5	
3	Tempo	14	6	
4	Threshold	15	7	Hard
4	Threshold	16	8	
5	VO2 Max	17		Very hard
5	VO2 Max	18	9	
6	Anaerobic Capacity	19	10	Extremely hard
7	Neurmomuscular Power	20	*	Maximal exertion