

TRAINING INTENSITY ZONES

APPLY THE FOLLOWING PERCENTAGES TO THE RESULTS FROM YOUR FTP TEST AND/OR
MAXIMUM HEART RATE TEST TO CALCULATE YOUR INDIVIDUALISED TRAINING ZONES.

POWER ZONES:

ZONE 1 = < 55% OF FTP

ZONE 2 = 56-75% OF FTP

ZONE 3 = 76-90% OF FTP

ZONE 4 = 91-105% OF FTP

ZONE 5 = 106-120% OF FTP

ZONE 6 = 121-150% OF FTP

ZONE 7 = MAX EFFORT

HEART RATE ZONES:

ZONE 1 = 60-65% OF MHR

ZONE 2 = 65-75% OF MHR

ZONE 3 = 75-82% OF MHR

ZONE 4 = 82-89% OF MHR

ZONE 5 = 89-94% OF MHR

ZONE 6 = 94-100% OF MHR