



BIKE HR ZONES 			EXAMPLE THRESHOLD HEART RATE 170 BPM
ZONE	NAME	MIN - MAX	
1	Recovery	50% - 64%	85 - 109 BPM
2	Endurance	65% - 84%	110 - 143 BPM
3	Tempo	85% - 91%	144 - 155 BPM
4	Threshold	92% - 99%	156 - 168 BPM
5	VO <sup>2</sup>	100% - 104%	169 - 177 BPM
6	Anaerobic	105% - 130%	> 178 BPM


\* Calculate your zones as a percentage of your individual threshold heart rate

BIKE POWER ZONES 			EXAMPLE THRESHOLD POWER 250 W
ZONE	NAME	MIN - MAX	
1	Recovery	30% - 59%	75 - 148 W
2	Endurance	60% - 79%	149 - 198 W
3	Tempo	80% - 90%	199 - 225 W
4	Threshold	91% - 104%	226 - 260 W
5	VO <sup>2</sup>	105% - 120%	261 - 300 W
6	Anaerobic	121% - 300%	> 301 W


\* Calculate your zones as a percentage of your individual threshold watts

RUN HR ZONES 			EXAMPLE THRESHOLD HEART RATE 170 BPM
ZONE	NAME	MIN - MAX	
1	Easy, Recovery	65% - 84%	114 - 147 BPM
2	Endurance	85% - 89%	148 - 156 BPM
3	Tempo	90% - 94%	157 - 165 BPM
4	Threshold	95% - 99%	166 - 173 BPM
5	Super Threshold	100% - 102%	174 - 179 BPM
6	Max Efforts	103% - 120%	> 180 BPM

\* Calculate your zones as a percentage of your individual threshold heart rate

RUN POWER ZONES 			EXAMPLE THRESHOLD POWER 250 W
ZONE	NAME	MIN - MAX	
1	Easy, Recovery	50% - 75%	144 - 215 W
2	Endurance	76% - 84%	216 - 241 W
3	Tempo	85% - 92%	242 - 264 W
4	Threshold	93% - 105%	265 - 301 W
5	Super Threshold	106% - 115%	302 - 330 W
6	Max Efforts	116% - 300%	> 331 W

\* Calculate your zones as a percentage of your individual threshold watts

RUN PACE ZONES 			EXAMPLE THRESHOLD PACE 7:29
ZONE	NAME	MIN - MAX	
1	Recovery	63% - 71%	11:59 - 10:29
2	Endurance	72% - 83%	10:26 - 9:00
3	Tempo	84% - 94%	8:55 - 7:56
4	Threshold	95% - 103%	7:53 - 7:16
5	VO <sup>2</sup>	104% - 114%	7:11 - 6:35
6	Anaerobic	115% - 143%	> 6:31

\* Calculate your zones as a percentage of your individual threshold pace