




My Training Zones

Animal:
Date/Version:

ZONE	RPE (1-10)	FEELS LIKE				
			 PACE (per 100M)	 HR (% LT)	 POWER (% FTP)	
1 Easy	1-2	Very Easy		< 85%	< 55%	< 85%
2 Light Aerobic	3-4	Easy		85-89%	56-75%	85-89%
3 Tempo	5-6	Moderate <i>(Run: About marathon race pace)</i>		90-94%	76-90%	90-94%
4 Threshold	7-8	Hard <i>(Run: 1 hour max effort)</i>		95-99%	91-105%	95-99%
5 VO ₂	9-10	Very Hard <i>(Run: 5k to 800m pace)</i>		> 100%	> 105%	> 100%

NOTES,
TESTING DATES &
RESULTS

Note: Zones published by IRONMAN U, originally from Dr. John Helleman, 2000. The Training Intensity Handbook

Designed by Scott Herrick
abetteranimal.com

