



TRAINING PLANS | Training Intensity Zones

Zones	Hellemans	% HRMax	%HRR	Beats below MHR	RPE (1-10)	RPE (6-20)	Primary Reliance Energy System	Primary Reliance Fuels Used	Carbs%	Fat%
1- Easy	Easy	68-73%	50-60%	MHR minus > 40 beats	1-2	10-12	Aerobic	Blood glucose Muscle glycogen Fat	40%	60%
2- Light Aerobic	Steady	73-80%	60-70%	MHR minus 30-50 beats	3-4	12-14	Aerobic		65%	35%
3- Moderate Aerobic	Mod. Hard	80-87%	70-80%	MHR minus 20-40 beats	5-6	14-16	Aerobic		80%	20%
4- Threshold	Hard	87-93%	80-90%	MHR minus 10-30 beats	7-8	16-18	Aerobic	Blood Glucose Muscle Glycogen	92%	8%
5- Above Threshold	Very Hard	93-100%	90-100%	MRH minus < 10 beats	9-10	18-20	Aerobic and Anaerobic Glycolysis		98-100%	< 2%

Zones	RPE (1-10)	RPE (6-20)	Swim Pace/ 100 yd (mtr)	% THR Bike	% FTP Bike Power	Aerobic Threshold Heart Rate ATHR	Run VO2 max	Run Pace	% THR Run	Primary Reliance Energy System	Primary Reliance Fuels Used	Carbs%	Fat%
1- Easy	1-2	10-12	Technique only	< 68% THR	< 55% FTP		52-60 percent of VO2max	Very easy	< 85% THR	Aerobic	Blood glucose Muscle Glycogen Fat	40%	60%
2- Light Aerobic	3-4	12-14	Pace + 10 seconds	69-83% THR	56-75% FTP	< 78% of your ATHR	61-70 percent of VO2max	Easy	85-89% THR	Aerobic		65%	35%
3- Moderate Aerobic	5-6	14-16	Pace + 5 seconds	84-94% THR	76-90% FTP	78-90% ATHR	71-79 percent of VO2max	Moderate - close to marathon pace	90-94% THR	Aerobic		80%	20%
4- Threshold	7-8	16-18	Race pace	95-105% THR	91-105% FTP	90-100% ATHR	80-89 percent of VO2max	Half-marathon to 10-K pace	95-99% THR	Aerobic	Blood Glucose Muscle Glycogen	92%	8%
5- Above Threshold	9-10	18-20	Pace - 5 seconds	> 106% THR	> 105% FTP	Above ATHR	90-100 percent of VO2max	5-K to 3-K race pace	> 100% THR	Anaerobic Glycolysis/ Aerobic		98-100%	< 2%