

Zones	All Disciplines			Swim	Bike		Run		
	Hellemans (feel)	RPE (1-10)	% HR Max	Swim Pace	% FTP	% THR Bike	% ThRP	% THR Run	% rFTP (Power)
<b>Zone 1 - Easy</b>	Easy	1-2	68-73%	Technique	<55%	<68%	75-79%	<85%	65-80%
<b>Zone 2 - Light Aerobic</b>	Steady	3-4	73-80%	CSS plus 10 Secs	56-75%	69-83%	80-89%	85-89%	80-90%
<b>Zone 3 - Moderate Aerobic</b>	Mod. Hard	5-6	80-87%	CSS plus 5 Secs	76-90%	84-94%	90-94%	90-94%	90-100%
<b>Zone 4 - Threshold</b>	Hard	7-8	87-93%	CSS	91-105%	95-105%	95-99%	95-99%	100-115%
<b>Zone 5 - Above Threshold</b>	Very Hard	9-10	93-100%	CSS less 5 Secs	>105%	>105	>100%	>100%	115-130%

SWIM	CSS - Critical Swim Speed	<a href="#">Determine Swim Training Zones</a>
BIKE	FTP - Functional Threshold Power	<a href="#">Determine Bike Training Zones</a>
	THR Bike - Threshold Heart Rate Bike	
RUN	ThRP - Threshold Run Pace	<a href="#">Determine Run Training Zones</a>
	THR Run - Threshold Heart Rate Run	
	rFTP Run - Threshold Power Run	
ALL	RPE - Rate of Percieved Exertion	<a href="#">Which Measure Should You Use?</a>
	HR Max - Maximal Heart Rate	

