

| 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          |   |

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