

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

* External factors such as ascents, descents, terrain, weather, and tiredness or stress can affect the pace you can hold at the equivalent THR zone, particularly on your long Zone 2 runs. Follow Zone 2 runs using Threshold HR or Feel to measure intensity as necessary.

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| CSS - Critical Swim Speed | Determine Swim Training Zones |
| FTP - Bike Functional Threshold Power | Determine Bike Training Zones |
| Threshold HR - Threshold Heart Rate (Bike or Run) | Determine Run Training Zones |
| rFTP - Run Functional Threshold Power | Which Measure Should You Use? |
| RPE - Rate of Percieved Exertion | |
| HR Max - Maximal Heart Rate | |



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