Training Zones

Lactate Threshold HR

Max Heart Rate

250

Active Recovery	Aerobic Endurance	Tempo	Lactate Threshold	VO2

0 | 0 | 0 | 0 | 0 | 250

50 W | ? W | ? W | ? W | ? W | 500 W

Zone 1

Easy

RPE 1-2

Warm-up, cool-down
Very light effort.
Pace is an easy jog.

Zone 2

Easy Moderate

RPE 3-4

Comfortable effort.
Breathing and pace increase slightly, but still comfortable.
A conversation can be held at this level.

Zone 3

Moderate

RPE 5-6

Pace is moderate and breathing is a little harder.
Conversation is a little more difficult.

Marathon & Ironman race pace effort

Zone 4

Moderate Hard to Hard

RPE 7-8

Low Z4 -
Starting to breath harder.
Pace is getting faster & feeling uncomfortable.

Upper Z4 = Lactate Threshold (LT)
Breathing is deeper & more forceful.
Pace is moderately uncomfortable.
Conversation is difficult.

10k & Olympic Tri race pace effort

low Z4 = Half Marathon & Half IM race pace effort

Zone 5

Very Hard

RPE 9-10

Low Z5 -
Pace is challenging.
Breathing is labored.

Upper Z5 -
Maximal exertion
Pace is sprinting and discomfort is high.

high Z4-low Z5 = 5k & Sprint Tri race pace effort