

Training Zones

Athlete:

Date:

	Swim	Bike	Run
	Pace (time per 100)	Heart Rate	Heart Rate
ZONE 1 Recovery	Very easy effort		
ZONE 2 Extensive Endurance	T-pace + 10 sec		
ZONE 3 Intensive Endurance / Tempo	T-Pace + 5 sec		
ZONE 4 Sub-Threshold / Muscular Endurance	T-Pace LT HR =		
ZONE 5A Super-Threshold / Lactate Threshold Endurance	T-Pace		
ZONE 5B Anaerobic Endurance	T-Pace – 5 sec		
ZONE 5C Anaerobic Capacity / Power	All out effort		