

Determine zones from Threshold

Zone		HR	Power
Recovery	1	-68% LT	-55%
Endurance	2	69-83%	56-75%
Tempo	3	84-94%	76-90%
Threshold	4	95-105%	91-105%
vo2max	5a	106%+	106-120%
Anaerobic Cap.	5b	NA	121-150%
Power	5c	NA	max