



Training areas	Description	RPE ..	% de FTP · Power work intervals	% de FTHR · Heart rate work intervals	Typical duration of continuous effort	Typical duration of interval effort
Z1	Resistance	Light Activity, Comfortable, slight difficulty breathing but I can talk without problems	56-75 %	69-83 %	60-300 min	N/A
Z2	Rate	Moderate Activity slightly intense, accelerated sustained breathing without problems	76-90 %	84-94 %	60-180 min	N/A
Z3	Lactate threshold	Hard Activity, difficulty speaking	91-105 %	95-105 %	N/A	8-30 min
Z4	VO2max	Very Hard Activity, unable to speak	106-120 %	>106 %	N/A	3-8 min

The mean power percentage and average heart rate are at the functional threshold.
 The RPE uses the 10-point Borg Scale