

Training Zone Calculator

NAME: [REDACTED]

DATE: [REDACTED]

STEP 1: In the green boxes, enter your *Average Watts* from your test intervals (1, 2, 4 & 20 min.) and the highest HR from your recent Test Session.

Max 1:00 Power	579	w
Max 2:00 Power	492	w
Max 4:00 Power	402	w

Peak HR 176 bpm

AeT Power 262 w

STEP 2: Your Fatigue Rate & HRs are calculated in the results below.

Your FR displays your drop in power as you increase the duration of your effort.

A HIGH FR (>9%)

indicates a proficiency in strength/power and/or a lack of endurance (high rate of slowdown as duration increases). Commonly seen in sprinters, crit racers, former-strength/speed sport athletes, larger athletes or less experienced athletes with limited aerobic base. A high FR indicates room for improvement in the aerobic endurance end of the spectrum (prioritize lower intensity aerobic training and base building to improve endurance).

A LOW FR (<9%)

indicates proficiency in endurance (minimal slowdown as duration increases) and/or lack of strength or speed. Commonly seen in long-course athletes (Ironman, marathon, multi-hour long events), "lifetime" endurance athletes, smaller athletes, and/or athletes with deeply developed aerobic base. A low FR indicates room for improvement in the strength & power end of the spectrum (prioritize strength training and speed/power training to improve top-end power).

FR (1:00 - 2:00)	7.51	%
FR (2:00 - 4:00)	9.15	%
FR (1:00 - 4:00)	7.64	%

Max HR*	185	bpm
AnT HR*	166	bpm
AeT HR*	148	bpm

*Calculated Max HR

*Calculated Anaerobic Threshold HR

*Calculated Aerobic Threshold HR

STEP 3: Your *Training Zones* have been calculated below from top to bottom.

Just GO HARD Zone...

No metrics to target, just give it your max effort.

7. Peak Power

0:05 Power **All You Got!** w

This is a maximum effort sprint. You just go as hard as you can for 5-10 seconds to hit highest number possible. Coming from the a Lactate energy system you're firing all type II muscles fibers.

Power Based Training Zones...

Within these energy systems we typically prescribe the workout using power, while referencing HR to measure adaptation and indicate progress. The goal is to hit the target power numbers for the intervals, with the least impact on HR. Positive adaptation is reflected over repeated sessions by lower HRs for the same intensity (pwr). As this occurs you can add reps or increase interval durations. Negative adaptation is reflected by increased HRs at same power outputs and should be followed with rest/recovery.

6. Anaerobic Power

1:00 Power **579** w

1-4 minute power is top-end Anaerobic Power/speed.

2:00 Power **492** w

Nearly entirely carbohydrate burning energy system.

4:00 Power **402** w

This is trainable with 15-60 second long intervals on a 1 to 2 or 3 work to rest ratio.

5. Vo2 Max

8:00 Power **371** w

8-16 minute power trains the Vo2 Max energy system.

16:00 Power **343** w

High levels of carbohydrate burning with limited amounts of fat. This is trainable with 2-4 minute intervals on a 1 to 1 work to rest ratio.

4. Anaerobic Threshold (aka Lactate Threshold)

**** FTP ****

32:00 Power **317** w

32-64 minute power trains the Anaerobic Threshold energy system. This is the tipping point to more carbohydrates than fats for fuel. Trainable with 8-16 minute long intervals with a 2 or 3 to 1 work to rest ratio.

64:00 Power **292** w

**Your 32:00 Power is what you enter in Training Peaks as your FTP.

Heart Rate Based Training Zones...

Within these energy systems we typically prescribe the workout using HR, while referencing power to measure adaptation and indicate progress. The goal is to hit the target HR numbers for the intervals (or ride), while letting power be measured for the effort. Positive aerobic adaptations are reflected by higher power numbers (averages) for the intervals or ride while remaining within the HR guidelines. As achieved, you can increase load by increasing volume. Negative aerobic adaptations are reflected by lower than normal power numbers (averages) for the intervals or ride while remaining within the HR guidelines. This indicates fatigue and/or increased stress from environment (heat, humidity, wind, altitude). When this occurs it is best to reduce training load and allow for more recovery and/or return to an aerobic focus block of training.

3. Aerobic Threshold (AeT)

High	148	bpm	This is your 2-3 hour maximum power. Your AeT is the highest point of output while maintaining more fat than carbs for energy. Super critical for all forms of racing lasting an hour or more! Three AeT Power values are provided to double/triple check testing accuracy (they should be pretty close to one another)
Low	139	bpm	
Calc. AeT Pwr*	270	w	
85% of FTP**	269	w	
Tested AeT***	262		

*calculated from FR

**calculated from FTP

***from test result

2. Aerobic Endurance

High	139	bpm	This is your "all day" endurance paced riding effort.
Low	120	bpm	Maximum fat burning. Most commonly prescribed between 2-6 hours in duration.

1. Recovery

Keep it under:	120	bpm	Super easy riding to stimulate blood flow and recovery. Stopping for a capuccino & croissant is highly recommended.
Keep it under:	190	w	

