

TRAINING ZONES FOR CLUB SESSIONS

% of Max HR	Zone	Definition	Swim	Bike	Run	Perceived effort
up to 60	1	Active Recovery	Technique/drill work, short recovery sessions	Technique/drill work, short recovery sessions	Technique/drill work, short recovery sessions	5 out of 10
60 - 70	2	Endurance	Slightly slower than 1500m Race pace 45min - 2hrs duration	Group rides / advanced skills, 2 - 6hrs duration	Long / slow runs, 1 - 3hrs in duration	6 -7 out of 10
70 - 80	3	Aerobic Capacity	1500m Race Pace upto 500m reps	Tempo / Ironman Race pace, controlled intensity	Tempo / Slightly slower than 10k Race pace or Half Marathon pace	7 - 8 out of 10
80 - 85	4	Threshold	400m Race pace & faster	Race pace for Sprint - Olympic Races or Time Trials	5k - 10k Race pace, hill work, track work	8 - 9 out of 10
85 +	5	Anaerobic Capacity	200m Race pace & faster, deep water race starts	High Intensity turbo work, faster than race pace, lactate tolerance	Faster than 3k pace, fast pace hill work, lactate tolerance	9 + out of 10

Please note these are just guidelines for club training sessions & not individual training zones