

TRAINING INTENSITY ZONES

Training Zone	Swim (Pace per 100)	Bike (Heart Rate as percentage of LT HR)	Run (Heart Rate as percentage of LT HR)	Borg RPE Scale (Rating of Perceived Exertion)	
Zone 1 Recovery	Very easy effort	66-80% LT HR	66-84% LT HR	6 7 8	No exertion at all Very, very light
Zone 2 Aerobic	T-pace + 10 sec	81-89% LT HR	85-90% LT HR	9 10 11	Very light 'Conversational pace' Light
Zone 3 Tempo	T-Pace + 5 sec	90-93% LT HR	91-95% LT HR	12 13 14	Somewhat hard
Zone 4 Sub-Threshold	T-Pace	94-99% LT HR	96-99% LT HR	15	Hard
Zone 5a Super-Threshold	T-Pace	100-102% LT HR	100-102% LT HR	16	
Zone 5b Aerobic Capacity	T-Pace – 5 sec	103-106% LT HR	103-106% LT HR	17 18	Very hard
Zone 5c Anaerobic Capacity	All out effort	106-111% LT HR	106-111% LT HR	19 20	Extremely hard

Fill in Your Zones Below

Training Zone	Swim (Pace per 100)	Bike (Heart Rate as percentage of LT HR)	Run (Heart Rate as percentage of LT HR)	Borg RPE Scale (Rating of Perceived Exertion)	
Zone 1 Recovery				6 7 8	No exertion at all Very, very light
Zone 2 Aerobic				9 10 11	Very light 'Conversational pace' Light
Zone 3 Tempo				12 13 14	Somewhat hard
Zone 4 Sub-Threshold				15	Hard
Zone 5a Super-Threshold				16	
Zone 5b Aerobic Capacity				17 18	Very hard
Zone 5c Anaerobic Capacity				19 21	Extremely hard

