



# Power Zones

$Z1 < 55\%$ FTP	Active Recovery - "Easy spinning" or "light pedal pressure"
$55\% \leq Z2 < 75\%$ FTP	Endurance - "All day" pace, or classic long slow distance (LSD) training.
$75\% \leq Z3 < 90\%$ FTP	Tempo - Typical intensity of fartlek workout, 'spirited' group ride, or briskly moving pacerline.
$90\% \leq Z4 < 105\%$ FTP	Lactate Threshold - Essentially continuous sensation of moderate or even greater leg effort/fatigue.
$105\% \leq Z5 < 120\%$ FTP	VO2 Max - Strong to severe sensations of leg effort/fatigue, such that completion of more than 30-40 min total training time is difficult at best
$120\% \leq Z6 < 150\%$ FTP	Anaerobic Capacity - Severe sensation of leg effort/fatigue, and conversation impossible.
$Z7 \geq 150\%$ FTP	Neuromuscular Power - Very short, very high intensity efforts (e.g., jumps, standing starts, short sprints)