



# Power Zones

Z1 < %55 FTP	Active Recovery - "Easy spinning" or "light pedal pressure"
55% <= Z2 < 75% FTP	Endurance - "All day" pace, or classic long slow distance (LSD) training.
75% <= Z3 < 90% FTP	Tempo - Typical intensity of fartlek workout, 'spirited' group ride, or briskly moving pacerline.
90% <= Z4 < 105% FTP	Lactate Threshold - Essentially continuous sensation of moderate or even greater leg effort/fatigue.
105% <= 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% <= Z6 < 150% FTP	Anaerobic Capacity - Severe sensation of leg effort/fatigue, and conversation impossible.
Z7 >= 150% FTP	Neuromuscular Power - Very short, very high intensity efforts (e.g., jumps, standing starts, short sprints)