

# Training Zones

Cycling	Zone	HR target	Type of workout	Perceived Effort	Description
	1	TBD	Recovery / Easy	Sub 70%	Very easy
	2	TBD	LSD (long slow distance)	70 – 79%	Light - Moderate
	3	TBD	Tempo / Fartlek / Hills	80- 84%	Somewhat Hard
	4	TBD	Long intervals / Anaerobic Threshold	85%	Hard
	5	TBD	Fast / Short Intervals	86 – 90%	Very Hard

Running	Zone	HR target	Type of workout	Perceived Effort	Description
	1	TBD	Recovery / Easy	Sub 70%	Very easy
	2	TBD	LSD (long slow distance)	70 – 79%	Light - Moderate
	3	TBD	Tempo / Fartlek / Hills	80- 84%	Somewhat Hard
	4	TBD	Long intervals / Anaerobic Threshold	85%	Hard
	5	TBD	Fast / Short Intervals	86 – 90%	Very Hard

