

# TRAINING ZONES

Zone	Range	Type of Workout	Description	Perceived Effort
1		Easy Swim, Bike or Run	Very Easy Low Effort	Sub 70%
2		LSD Swim, Bike or Run	Light - Moderate Effort	70-79%
3		Tempo, Fartlek, Hills	Somewhat Hard	80-84%
4		Threshold	Hard	85-89%
5		Short Fast Powerful	Very Hard	90-100%