YOUR BASELINE & TRAINING ZONES

Record your starting numbers, then write in your personal targets for Zones 1–5.

1 / ENTER YOUR FIVE BASELINE NUMBERS

SWIM · CRITICAL SWIM SPEED

_____ per 100 m

BIKE · THRESHOLD HEART RATE

_____ bpm

BIKE · FTP POWER

_____ watts

RUN · THRESHOLD PACE

_____ min/km or min/mile

RUN · THRESHOLD HEART RATE

_____ bpm

2 / USE THE PERCENTAGE BAND AS YOUR GUIDE. WRITE YOUR CALCULATED ZONE VALUE ON THE LINE.

ZONE	SWIM CSS	BIKE HEART RATE	BIKE POWER	RUN HEART RATE	RUN PACE	RPE
Z1 RECOVERY	<87% CSS YOUR ZONE VALUE	<69% LTHR YOUR ZONE VALUE	<56% FTP YOUR ZONE VALUE	<85% LTHR YOUR ZONE VALUE	<80% pace YOUR ZONE VALUE	1–2 EFFORT
Z2 ENDURANCE	87–94% CSS YOUR ZONE VALUE	69–83% LTHR YOUR ZONE VALUE	56–75% FTP YOUR ZONE VALUE	85–89% LTHR YOUR ZONE VALUE	80–89% pace YOUR ZONE VALUE	3–4 EFFORT
Z3 TEMPO	95–97% CSS YOUR ZONE VALUE	84–94% LTHR YOUR ZONE VALUE	76–90% FTP YOUR ZONE VALUE	90–94% LTHR YOUR ZONE VALUE	90–94% pace YOUR ZONE VALUE	5–6 EFFORT
Z4 THRESHOLD	98–104% CSS YOUR ZONE VALUE	95–105% LTHR YOUR ZONE VALUE	91–105% FTP YOUR ZONE VALUE	95–99% LTHR YOUR ZONE VALUE	95–100% pace YOUR ZONE VALUE	7–8 EFFORT
Z5 HIGH INTENSITY	>105% CSS YOUR ZONE VALUE	>105% LTHR YOUR ZONE VALUE	>105% FTP YOUR ZONE VALUE	>100% LTHR YOUR ZONE VALUE	>100% pace YOUR ZONE VALUE	9–10 EFFORT

PACE NOTE

Swim targets are written as time per 100 m; run targets as time per km or mile. Use the threshold calculator to convert pace bands.

RPE is your perceived effort from 1 to 10. Use it alongside the numbers, especially when conditions or fatigue affect how you feel.