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Training Zones

ZONE	% $\dot{V}O_{2max}$	% $\dot{V}O_{2R}$ % HRR	% HR _{max}	Perceived Exertion	Predominant Power System	Predominant Fuel Use	Blood [Lactate] (mM)	% of LT 2 HR	Lactate Transition Zones (LT)	
T6	NA	NA	NA	Maximal Exertion	Anaerobic Phosphagen Fast Glycolytic	CARBOHYDRATE FAT	Phosphagen Carbohydrate	NA	Above LT 2 (> $\dot{V}O_{2max}$)	
T5	> 86%	> 86%	> 92%	Very Hard	Aerobic Slow Glycolytic		Carbohydrate	> 6.0	> 102%	Above LT 2 ($\geq \dot{V}O_{2max}$)
T4	83-86%	83-86%	90-92%	Hard	Aerobic Slow Glycolytic		Mostly Carbohydrate	4.0-6.0	96-102%	LT 2
T3	75-83%	75-83%	85-90%	Somewhat Hard	Aerobic Slow Glycolytic Lipolytic		Carbohydrate Fat	3.0-4.0	86-95%	Upper half between LT 1 & LT 2
T2	60-75%	58-75%	75-85%	Comfortable	Aerobic Slow Glycolytic Lipolytic		Carbohydrate Fat	2.0-3.0	80-85%	Lower half between LT 1 & LT 2
T1	<60%	<58%	<75%	Very Light	Aerobic Lipolytic		Mostly Fat	< 2.0	< 80%	Below LT 1

ZONE	% $\dot{V}O_{2max}$ % HRR	% $\dot{V}O_{2R}$ % HR _{max}	Percentage Maximal Effort	Predominant Power System	Predominant Fuel Use	Blood [Lactate] (mM)	% of LT 2 HR	Training Effect
T6/0 (0-2sec)	NA	NA	95-100%	Anaerobic ATP	ATP CP	Adenosine Triphosphate	NA	Alactic Power
T6/2 (2-6sec)	NA	NA	95-100%	Anaerobic CP		Creatine Phosphate	NA	Alactic Power
T6/6 (6-25sec)	NA	NA	95-100%	Anaerobic Fast Glycolytic	CARBOHYDRATE	Carbohydrate	> 6.0	Alactic Power Alactic Capacity Lactic Power
T6/25 (25-40sec)	NA	NA	95-100%	Anaerobic Fast Glycolytic		Carbohydrate	> 6.0	Lactic Power
T6/40 (40-60sec)	NA	NA	95-100%	Anaerobic Fast Glycolytic		Carbohydrate	> 6.0	Lactic Power Lactic Capacity