

This is a **CYCLING** exercise/training recommendation summary table designed especially for **YOU**- based upon **YOUR** individual lab data.

Training Session Type	Training Session Purpose	Exercise Duration	HR Training Zone	Power [Watts]
Recovery [Zone 1]	To maintain adaptations of the cardiovascular and muscular system, and to promote recovery following high intensity intervals or glycogen depletion over distance workouts.	~30-45 minutes	97-117	80-90
Extensive endurance [Zone 2]	Development of peripheral training adaptations; increase fat metabolism; increase concentration of aerobic enzymes; increase size and number of mitochondria; increase capillarization; used as a transition zone to prepare the body for training at threshold levels.	30 minutes – 3 hours	118-132	140-160
Intensive endurance [Zone 3]	Also develops peripheral adaptations; increases fat metabolism; increase concentration of aerobic enzymes; increases size and number of mitochondria; increase capillarization; a second transition zone for training at threshold levels	30 minutes – 3 hours	133-138	190-210
Threshold [Zones 4 and 5a]	Increase Lactate/Anaerobic Threshold[VO ₂ max at LT]	Tempo 20-60 min.; continuous or LT intervals 5-15 minutes; with equal or ½ recovery	139-147 [4] 148-151 [5a]	220-250
Anaerobic Endurance/VO₂ Max Intervals [Zone 5b]	Develop central [heart] training adaptations; increase stroke volume; increase maximum aerobic capacity; increase ability to tolerate and clear [buffer] lactate	3-5 minutes intervals with equal rest interval	152-156	280-300
Power/Intensive Repetitions [Zone 5c]	Increase maximal aerobic capacity; increase ability to clear [buffer] lactate	Short 30-60 second intervals w/ 1-2 minutes of recovery	157-162	340-360