

## Zones

Zones		Alles			Swim	Bike		Run		
		Feel	RPE	% HR max	CSS	% FTP	% TR HR	% TR Pace	% TR HR	% rFTP
1	easy	easy	1-2	68-73	Techniek	<55	<68	75-79	<85	65-80
2	light aerobic	smooth	3-4	73-80	+10	56-75	68-83	80-89	85-89	80-90
3	moderate aerobic	strong	5-6	80-87	+5	76-90	84-94	90-94	90-94	90-100
4	treshold	hard	7-8	87-93	CSS	91-105	95-105	95-99	95-99	100-115
5	above treshold	very hard	9-10	93-100	-5	>105	>105	>100	>100	115-130