Training Zone	Purpose	Physiological Adaptions	How This Helps	Average Power	Average HR
Zone 1	Active Recovery	Increase blood flow to muscles to flush out waste products and provide nutrients	Promotes recovery and therefore training response	< 55%	< 68%
Zone 2	Endurance	Improves fat metabolism and ability to use oxygen, produce power and increases efficiency. Increases economy	More efficient use of energy. Able to produce more power with the same level of effort, works on technique/ skill	56-75%	69-83%
Zone 3	Tempo	Improves carbohydrate metabolism, gives fast twitch muscle slow-twitch muscle characteristics	Improved sustainable power, good for all cycling events	76-90%	84-94%
Zone 4	Lactate Threshold	Improves carbohydrate metabolism, develops lactate threshold, changes some fast twitch muscle to slow-twitch	Improved sustainable race pace, useful during tapering or pre-competition periods: too much time in this zone can cause staleness	91-105%	95-105%
Zone 5	V02max	Develops cardiovascular system and VO2max, improves anaerobic energy production and speeds turnover of waste products	Improved time trialling ability and resistance to short-term fatigue	106-120%	>106%
Zone 6	Anaerobic Capacity	Increases maximum muscle power, develops cardiovascular system and VO2max, increases threshold	Sprint speed, ability to accelerate away from a group and tolerate lots of hard work, such as mountain climbing	121-150%	N/A