

RPE (PERCEIVED EXERTION)	EFFORT TYPE	ZONE	POWER ZONE (PZ)	HEART ZONE (HRZ)	INTERNAL MONOLOGUES	HOW DOES IT FEEL?
0-2.5	Active Recovery	Z1	<55% of FTP Your power range:	<70% of LT Your HR range:	I'M HARDLY TRYING OVER HERE!	<ul style="list-style-type: none"> • Beer, pizza, donuts. • Easy spinning and minimal pressure on the pedals. • Concentration required to maintain such an easy pace (unless you just finished an interval) • Used for recovery between intervals and on days of active recovering.
3-4.5	Endurance	Z2	55-75% of FTP Your power range:	<70-87% of LT Your HR range:	NOT TOO HARD, NOT TOO EASY, THIS FEELS JUST RIGHT!	<ul style="list-style-type: none"> • "Not too hard, not too easy, this feels just right!" • All day pace. • Sensations of leg effort/ fatigue will be low for up to 4 hours at this pace • Some concentration required to maintain (especially when outside: easing off on an uphill and pushing a bit on a downhill).
5-6	Tempo	Z3	75-91% of FTP Your power range:	87-95% of LT Your HR range:	IT'S NOT THAT IT'S PAINFUL, I JUST DON'T WANT TO BE HERE ALL DAY	<ul style="list-style-type: none"> • "It's not that it's painful, I just don't want to be here all day" • Pace you would be able to maintain for a few hours, if done continuously will not feel difficult for the first 45-60 min • Greater sensation of fatigue and moderate amount of force on the pedals.
6.5-7	Sub Lactate Threshold (LT)	Z4a	91-100% of FTP Your power range:	95-100% of LT Your HR range:	HEY, THIS IS STARTING TO HURT!	<ul style="list-style-type: none"> • "This is starting to get painful" • About the effort you could sustain for 60-90 minutes at most. • Fatigue is starting to build up in the legs. • Concentration is required to maintain a steady effort at this level. • Conversation is possible, but you won't feel like talking after extended amounts of time at this effort.
7.5-8	Supra Lactate Threshold (LT)	Z4b	100-110% of FTP Your power range:	100-105% of LT Your HR range:	MY GOODNESS... PLEASE MAKE IT STOP	<ul style="list-style-type: none"> • "I don't have to do this for that long, right?" • The effort you could hold - with difficulty - for 30-60 minutes when completely fresh. • You need to stay focused when doing these types of efforts, especially towards the end of an effort when the pain is really hitting you
8.5-9.5	VO2Max	Z5	110-135% of FTP Your power range:	105%-MAX of LT Your HR range:	I WOULD RATHER RIP OUT MY TOENAILS THAN GO THROUGH THIS!	<ul style="list-style-type: none"> • "My goodness... Please make it stop!" • This is the effort you can sustain for 3-8 minutes (continuously) • You might be able to get out a word or two, but you certainly won't want to. • Due to the short length of these efforts average heart rate is not the best way to gauge these efforts (since heart rate is slow to respond to efforts).
10	Anaerobic Capacity / Neuromuscular Power	Z6	135-∞% of FTP Your power range:	N/A	I'M GOING AS HARD AS I CAN! I CAN'T GO ANY HARDER!	<ul style="list-style-type: none"> • "I would rather rip out my toenails than go through this!" • This effort level ranges from 1-30 seconds in sprint type efforts, and 30 seconds - 3 minutes for more "controlled" efforts. • Concentration requirements are: "Keeping going as hard as you can"

YOUR FTP IS