APPENDIX 8: TRAINING ZONES

These are the Zones that will be referencing throughout the InTraining plan.

Zone 1 Sessions *is to raise your aerobic threshold and build your aerobic base so that you can go faster for longer.* This is the type of training required to train your slow twitch muscle fibres and teach the intermediary fibres the characteristics of slow twitch fibres. For a Zone 1 session it is best to train by heart rate because most of us do our zone 1 work outside. Work in the top half of your Zone 1 heart rate range for 40 min or greater. Avoid keeping your heart rate right at the top of the zone for long periods of time.

Zone 2 Sessions *for the most part, is a junk miles zone.* Spending significant amounts of your training time in Zone 2 teaches the intermediary muscle fibres to behave like fast twitch fibres and that has a detraining effect.

Zone 3 Sessions *is to raise your lactate threshold*. The key to raising your lactate threshold is sustained hard efforts in the 20-40 min range with the goal of trying to accumulate ~30 min of Z3 work in the session. Z3 sessions are most effective using indicators like power, time, distance, speed.

Zone 4 Sessions *is an event specific zone – you train it if it is relevant to your event.* Events that require repeated medium length (3-10 min), high intensity bursts use this zone, such as road racing where you're responding to breaks in the pack. If your focus is on long distance racing like the fondo, this is a zone of little importance for you.

Zone 5 Sessions *is to improve your maximal aerobic power*. Improving your max aerobic power is accomplished through traditional interval sessions. The interval should be between 1-3 minutes long as hard as you can go! These sessions can be done either on a hill or on a flat section – the key is to go as hard as you can for work interval.

Energy Usage Analysis: for race day nutrition planning As part of the assessment we can measure the number of calories an athlete is using per minute of exercise at various intensities as well as the percentage of those calories that are coming from stored fats and the percentage coming from carbohydrates. This information can be used to form a race day nutrition plan to ensure enough carbs are consumed to maintain the desired intensity for the whole ride.

	EFFORT	BREATHING	CONVERSATION
ZONE 1	50-60%	Easy, don't need to think about your breath	Social/Casual
ZONE 2	60-70%	Slightly more labored, still don't have to focus on breath	Conversational
ZONE 3	70-80%	Labor, may or may not need to focus on breath	Could hold a conversation but it's challenging; sentences break for breath
ZONE 4	80-90%	Labored, should feel like focusing on breath and regulating breathing	Will be focusing on breath but could say hello if seeing someone in passing
ZONE 5	90-100%	Labored, should feel like your lungs almost can't take in enough oxygen to keep with your lungs	Won't be talking & likely couldn't if someone said hi

TRAINING INTENSITIES

"Eliminate the guesswork from your training" presented by: The Peak Centre for Human Performance

Time to get your zones checked!

Now is the time to get your thresholds assessed to ensure you are training as efficiently as possible in the correct zones!

Why should you use Training Zones?

Proper training zones ensure you are only working at intensities that will help you achieve your goal, and avoiding the ones that won't. This allows you to get much better results and makes the ride easier out of limited training time. Knowing your training zones means no more guesswork, no more wasted workout time...just tangible results!

What is the best way to find my Training Zones?

Training Zones are individual and should be measured to be accurate. Lactate and VO2max testing allows us to precisely measure your Aerobic Threshold, Lactate Threshold and Power at VO2max. From these parameters we can determine your training zones and training intensities that will make your training as efficient and as effective as possible for the requirements of the Whistler GranFondo.

How Your Thresholds Relate to Performance

The Aerobic Threshold is the critical threshold for most endurance events that last 2 hours or more (such as the Fondo). You can think of it as the power output you can maintain for prolonged periods without tiring or the power output you can maintain and still recover effectively. Improving your aerobic threshold will allow you to ride faster at long distances while experiencing less fatigue.

The Lactate Threshold is closely related to performances between 20 and 60 minutes and is also important for periods of high intensity such as hill climbing.

The Maximal Aerobic Power (Power at VO2max) primarily determines how we perform at events that are 2-5 minutes long and can potentially act as a limiting factor to the improvement of your aerobic threshold and lactate threshold.

Identifying the thresholds allows us to convert them into accurate training zones!