

**Training Zones For Functional Threshold Power (FTP)**

Functional Threshold: Average power for a one hour time trial.

**Training Zones as % of FTP**

**Zone 1**

<55% (active recovery)

**Zone 2**

56-75% of FTP (endurance)

**Zone 3**

76-90% of FTP (tempo)

**Zone 4**

91-105% of FTP (lactate threshold)

**Zone 5**

106-120% of FTP (VO<sub>2</sub>max)

**Zone 6**

121-150% of FTP (anaerobic capacity)

**Zone 7**

>150% of FTP (neuromuscular power)