

Faster Road Racing					Stryd Zones	
	Heart Rate Reserve (% of Reserve)	Power (% of CP)				Power (%)
VO2Max	92 - 97	> 110			Zone 1	65 - 80
LT	75 - 88	95 - 105			Zone 2	80 - 90
Endurance	65 - 78	80 - 90			Zone 3	90 - 100
General Aerobic	62 - 75	75 - 85			Zone 4	100 - 115
Recovery	< 70	< 80			Zone 5	115 - 130
Hanson						
		Power (% of 10k)				
Recovery Pace	Lower zone 1	70 - 76				
Easy Pace	Higher zone 1 - lower zone 2	78 - 82				
Moderate Pace	Zone 2	80 - 86				
Marathon Pace/ Tempo	Zone 3	88 - 92				
Strength Pace (10-15k)	Higher zone 3	93 - 96				
Speed Pace (5-10k)	Zone 4	100 - 105				