

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