

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 - 74		
Easy Pace	Higher zone 1 - lower zone 2	75 - 80		
Moderate Pace	Zone 2	82 - 86		
Marathon Pace/ Tempo	Zone 3	88 - 92		
Strength Pace (10-15k)	Higher zone 3	93 - 96	new to half m	
Speed Pace (5-10k)	Zone 4	100 - 105		