

YOUR POWER ZONES

Average Output:

- 5% = FTP:

ZONE/DIFFICULTY	% OF FTP:	YOUR TARGET OUTPUT
ZONE 1 Very Easy	<55% of FTP Active recovery intensity	
ZONE 2 Moderate	56-75% of FTP Long ride pace, Conversational intensity	
ZONE 3 Sustainable	76-90% of FTP Sustainable for well over an hour, Conversation becomes difficult	
ZONE 4 Challenging	91-105% of FTP Sustainable for about one hour at max	
ZONE 5 Hard	106-120% of FTP Sustainable for 10-15 minutes at max	
ZONE 6 Very Hard	121-150% of FTP Sustainable for 30 seconds up to 3-5 minutes max	
ZONE 7 Max Effort	>151% of FTP Sustainable for only a few seconds	