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How to Calculate your training zones

Following your 20 minute time trial performed either at Thursday's turbo class or at home you will now have:
Either an **average heart rate** or an **average power** for 20 minutes i.e. your **Lactate Threshold Heart Rate**.

Step 1: Multiply your number by 95%. This gives us an estimate of your 1 hour average.

This is known as your **Functional Threshold Heart Rate (FTHR)** or **Functional Threshold Power (FTP)**

E.G.

AVG HR	FTHR (Functional Threshold HR = 20 min TT avg x 95%)
169	161

Step 2: Multiply this number, 161, by the percentages below. Care to use the FTHR numbers if working to heart rate and FTP numbers if using power
The yellow highlighted numbers are the zones corresponding to this example, FTHR or 161. Replace them with your numbers.
Power meter users can calculate both but I suggest you just calculate power zones.

Training level	Description	% of FTHR	E.G.	% of FTP	Typical minutes that you could spend in zone
1	Active recovery	<68	<109	<55	30 to 90
2	Endurance	69-83	110-134	56-75	60 to 300
3	Tempo	84-94	135-151	76-90	60 to 180
4	Lactate threshold	95-105	152-169	91-105	8 to 30
5	VO2 max	>106	>170	106-120	3 to 8
6	Anaerobic capacity	N/A	N/A	121-150	30 secs to 3 min
7	Neuromuscular power	N/A	N/A	N/A	<30 secs

If you are struggling, email me with your average from the test. I will explain the relevance of each zone next week.

You can enter these zones into your Garmin or other device if you know how to.

Otherwise, please cut them out and **BRING THEM ALONG**. A useful approach is to stick them to your top tube, stem etc.