

KILLERCOACH



| ZONES: | PERCEIVED EXERTION: | WHAT DOES THIS ZONE FEEL LIKE? |
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| 1- ACTIVE RECOVERY | 1-2 | Easy, you can hold a normal conversation and go all day at this pace. |
| 2- ENDURANCE | 3 | Light to Moderate pace. You can still talk, but breathing is a little heavier. You could go a couple hours at this pace. |
| 3- TEMPO | 4-5 | Moderate pace. Breathing is becoming laboured. Short sentences only spoken. You could go less than an hour at this pace. |
| 4- THRESHOLD | 6-7 | Vigorous pace. Conversation difficult due to heavier breathing. Feel like you are "on the edge" of being able to keep going at this pace without serious concentration. |
| 5- VO2 MAX | 8 | Hard Pace. Only able to stay at this level for 3-8 min tops. Very laboured breathing. |
| 6- ANAEROBIC | 9-10 | All out maximal efforts for shorter intervals. Pace can not be held for more than a couple of minutes. Breathing very intense, difficult! |