

Intensity Levels Based on LTHR

	% of LTHR		Your LTHR
Zone 1: Active recovery	High end of zone	<80%	$<.80 \times \underline{\hspace{2cm}} =$
Zone 2: Endurance	Low end of zone	80%	$.80 \times \underline{\hspace{2cm}} =$
	High end of zone	90%	$.90 \times \underline{\hspace{2cm}} =$
Zone 3: Tempo	Low end of zone	90%	$.90 \times \underline{\hspace{2cm}} =$
	High end of zone	97%	$.97 \times \underline{\hspace{2cm}} =$
Zone 4: Lactate threshold	Low end of zone	97%	$.97 \times \underline{\hspace{2cm}} =$
	High end of zone	103%	$1.03 \times \underline{\hspace{2cm}} =$
Zone 5: Super threshold	Low end of zone	103%	$1.03 \times \underline{\hspace{2cm}} =$
	High end of zone	110%	$1.10 \times \underline{\hspace{2cm}} =$
Zone 6: Maximal	Low end of zone	>109%	$>1.10 \times \underline{\hspace{2cm}} =$

Intensity Levels Based on LT Power

	% of LT power		Your LT power
Zone 1: Active recovery	High end of zone	<50%	$<.50 \times \text{_____} =$
Zone 2: Endurance	Low end of zone	50%	$.50 \times \text{_____} =$
	High end of zone	75%	$.75 \times \text{_____} =$
Zone 3: Tempo	Low end of zone	75%	$.75 \times \text{_____} =$
	High end of zone	99%	$.99 \times \text{_____} =$
Zone 4: Lactate threshold	High end of zone	100%	$1.00 \times \text{_____} =$
Zone 5: Super threshold	Low end of zone	100%	$1.00 \times \text{_____} =$
	High end of zone	150%	$1.50 \times \text{_____} =$
Zone 6: Maximal	Low end of zone	>150%	$1.50 \times \text{_____} =$

Intensity Levels Based on MHR

	% of MHR		Your MHR
Zone 1: Active recovery	High end of zone	<60%	$<.60 \times \underline{\hspace{2cm}} =$
Zone 2: Endurance	Low end of zone	60%	$.60 \times \underline{\hspace{2cm}} =$
	High end of zone	72%	$.72 \times \underline{\hspace{2cm}} =$
Zone 3: Tempo	Low end of zone	72%	$.72 \times \underline{\hspace{2cm}} =$
	High end of zone	79%	$.79 \times \underline{\hspace{2cm}} =$
Zone 4: Lactate threshold	Low end of zone	80%	$.80 \times \underline{\hspace{2cm}} =$
	High end of zone	90%	$.90 \times \underline{\hspace{2cm}} =$
Zone 5: Super threshold	Low end of zone	91%	$.91 \times \underline{\hspace{2cm}} =$
	High end of zone	97%	$.97 \times \underline{\hspace{2cm}} =$
Zone 6: Maximal	Low end of zone	>98%	$.98 \times \underline{\hspace{2cm}} =$

Simple Training Diary Log

Date _____

Ride description _____

Distance _____

Time _____

Intensity _____

Emotional state (happy, sad, distracted, stressed) _____

Sleep _____

Fatigue level _____

Fitness level _____

Advanced Training Diary Log

Date _____

Ride description _____

Distance _____

Time _____

Intensity _____

Emotional state (happy, sad, distracted, stressed) _____

Sleep _____

Fatigue level _____

Fitness level _____

Average speed _____

Average cadence _____

Average power _____

Maximum heart rate _____

Average heart rate _____

Time in heart rate zones _____

Maximum power _____

Average power _____

Total work (in kilojoules/calories) _____

Create Your Own Program

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							