

Training Zones For Functional Threshold Power (FTP)

Functional Threshold: Average power for a one hour time trial.

Training Zones as % of FTP

Zone 1

<55% (active recovery)

Zone 2

56-75% of FTP (endurance)

Zone 3

76-90% of FTP (tempo)

Zone 4

91-105% of FTP (lactate threshold)

Zone 5

106-120% of FTP (VO₂max)

Zone 6

121-150% of FTP (anaerobic capacity)

Zone 7

>150% of FTP (neuromuscular power)