



Z2 ENDURANCE
COACHING



Training Plan Intro Guide



Z2 Endurance Coaching Training Plan Intro

Welcome to Z2 Endurance Coaching!

Thank you for purchasing a training plan by Z2 Endurance Coaching. If your plan includes coach access, you can reach out to Coach Ryan via e-mail at ryan@z2endurancecoaching.com with any questions about the guides or training plan. If your plan is standalone, please use the introduction below to answer any questions you have. There are additional resources on our [Athlete Resource](#) page.

How to interpret your workouts

Swim

- All swim workouts are in yards. Ex: 6x100 means swim 100 yards 6 times
 - The total workout yardage will be summarized at the bottom of each workout for reference
- Swim workouts should be completed in a pool unless “Open Water” is specified on the workout
 - Make sure to never swim alone, swim only is designated areas with a lifeguard, and wear a bright colored swim cap or pull a swim buoy when swimming in open water
- If there is no rest interval listed, take minimal rest before starting the next repetition or set (5-10 sec)
 - If there is a rest period listed, be sure to take the full time. Rest periods are designed to give you the appropriate amount of recovery for the workout you are completing to make it as effective as possible.
- Swim workout Terms
 - Kick – Hold onto a kick board with your arms, and propel yourself by kicking only
 - Pull – Use a pull buoy or band. Do not use your legs, just your arms to propel yourself
 - Paddles – Use hand paddles (if available) while swimming
 - Swim – Swim naturally with no assistance
 - Hard – Swim at a faster pace
 - Slow – Swim at a leisurely pace

Bike

- Bike workouts and intervals will reference zones you should be in during different stages of the workout (Zone X/ZX).
 - If you know your FTP and Zones and have them entered into TrainingPeaks, your values will automatically update in each workout. Some training plans have workouts built in to help you calculate your bike FTP and Zones in the first few weeks of training
 - If you do not know your Zones, or prefer to not use Zone training, utilize the guide below so you know how each Zone should feel as you complete each workout
 - Z2 Endurance Coaching Bike workouts use up to 7 training Zones
- Bike workout types
 - **Easy** – Active recovery sessions, should be completed at an easy pace or in Zone 2
 - **Endurance** – Designed to help increase your endurance or the duration you can hold a faster pace on the bike
 - **Speed** – Designed to push your threshold pace upwards and increase your explosiveness and overall speed

Run

- Run workouts and intervals will reference zones you should be in during different stages of the workout (Zone X/ZX).
 - If you know your Run Threshold and Zones and have them entered into TrainingPeaks, your values will automatically update in each workout. Some training plans have workouts built in to help you calculate your run threshold and Zones in the first few weeks of training
 - If you do not know your Zones, or prefer to not use Zone training, utilize the guide below so you know how each Zone should feel as you complete each workout
 - Z2 Endurance Coaching Run workouts use up to 5 training Zones
- Run workout types
 - **Easy/Tempo** - Active recovery sessions, should be completed at an easy pace or in Zone 2-3. Follow instructions in these workouts.
 - **Speed** - Designed to push your threshold pace upwards and increase your explosiveness and overall speed
 - **Hills** – Designed to increase your running & leg strength and simulate race terrain. Incorporate more hill sessions as needed if you are training for an event with high elevation.

Strength

- Each exercise will have a warm up, main set, and cool down
 - Warm up – Do body weight squats, push ups, arm circles, high knees, butt kicks - anything you need to get loose
 - Main Set – each exercise will be structured like this: Exercise name: Number of sets/reps (1x2), and exercise number (#1) which corresponds to the Strength Exercise Guide
- Refer to the [Strength Exercise Guide](#) for tips, modifications, images & videos of each exercise

Zone Intro

How to train with Zones

If your training plan has a Threshold/FTP setting workout in the first month of training, please use those workouts and the corresponding instructions in [Athlete Resources](#) to set your Zones in TrainingPeaks. Once your thresholds are updated, your values will populate in each workout to help you understand the pace to complete each workout or interval.

If you do not have thresholds entered in TrainingPeaks, please use the Zone details below to complete workouts based on feel. Each workout will reference zones you should be in during different stages of the workout (Zone X/ZX). For example, if a run workout says it should be completed in Zone 2/Z2, you should complete the workout at an effort easy for you, or a 5/10 effort.

I train athletes using 5 Zones for swimming. Brief descriptions of each Swim Zone are below.

Zone 1 Very easy, 3/10 effort	Zone 2 Easy, 5/10 effort	Zone 3 Medium, 7/10 effort
Zone 4 Short race pace, 8.5/10 effort		Zone 5 Difficult, 10/10 effort

I train athletes using 7 Zones for BIKING. Brief descriptions of each Bike Zone are below.

Zone 1 Very easy, 1/10 effort	Zone 2 Moderate, 3/10 effort Easy to talk while cycling	Zone 3 Tempo, 5/10 effort Difficult to talk in full sentences
Zone 4 Challenging, 6/10 effort Impossible to maintain for more than 1 hour		Zone 5 Difficult, 7/10 effort Impossible to maintain for >15 min
Zone 6 Very Difficult, 8.5/10 effort Impossible to maintain for more than 5 min		Zone 7 Maximum Effort Possible, 10/10 effort Impossible to maintain for >1 min

I train athletes using 5 Zones for RUNNING. Brief descriptions of each Run Zone are below.

Zone 1 Very easy, 3/10 effort	Zone 2 Easy, 5/10 effort Easy to talk while running	Zone 3 Medium, 7/10 effort Difficult to talk in full sentences
Zone 4 Short race pace, 8.5/10 effort Impossible to maintain for more than 1 hour		Zone 5 Difficult, 10/10 effort Impossible to maintain for >5min