

How to set your RUN Zones in TrainingPeaks

INTRODUCTION

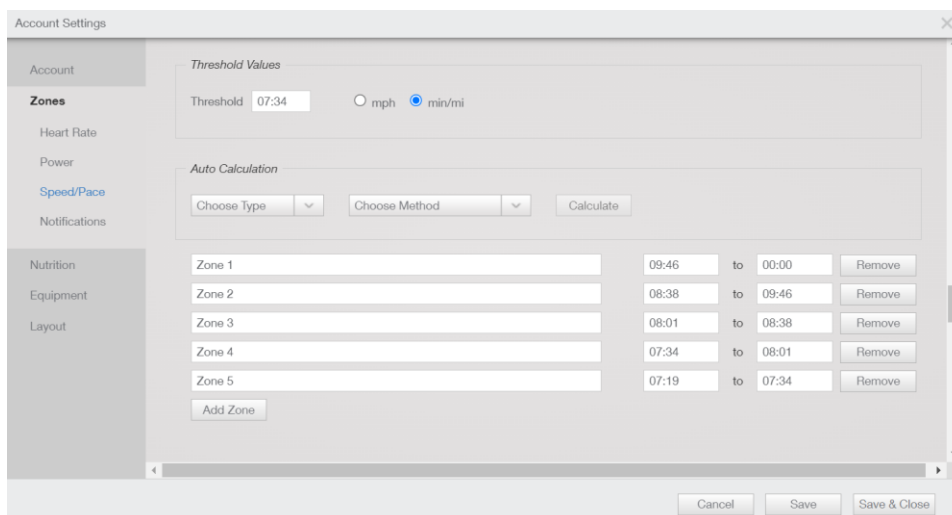
I train athletes using 5 Zones for running. Brief descriptions of each Run Zone are below.

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

STEPS

Once you have completed a Fitness Test for Running – follow the instructions below to set your Speed/Pace Zones in TrainingPeaks.

1. Record your **average pace (min/mile) for the 30 min interval** of the Run Fitness Test. This is your **Run Threshold Value**.
2. In TrainingPeaks, click on your picture/name in the upper right.
3. Go to Settings > Zones > **Speed/Pace**
4. Type in your **Run Threshold Value** from above in min/mi
5. Scroll down, remove zones and re-name them as needed until you have 5 Zones showing like below:



The screenshot shows the 'Account Settings' window with the 'Zones' tab selected. The 'Threshold Values' section has a 'Threshold' of 07:34 and 'min/mi' selected. The 'Auto Calculation' section has 'Choose Type' and 'Choose Method' dropdowns and a 'Calculate' button. Below, five zones are listed with their respective start and end times and 'Remove' buttons:

Zone Name	Start Time	End Time	Action
Zone 1	09:46	to 00:00	Remove
Zone 2	08:38	to 09:46	Remove
Zone 3	08:01	to 08:38	Remove
Zone 4	07:34	to 08:01	Remove
Zone 5	07:19	to 07:34	Remove

At the bottom of the zone list is an 'Add Zone' button. At the bottom of the window are 'Cancel', 'Save', and 'Save & Close' buttons.

6. Download the **Zone Calculator** from the athlete resources page ([link here](#)) and use it to calculate your **Run Zones** by using your **Run Threshold Pace**. This calculator opens in Excel so works best on a laptop/computer.
7. Type the calculator outputs in min/sec into the 5 Zone spaces in TrainingPeaks
8. Hit Save & Close in the bottom right. This will apply your personal Run Zone values to each future run workout.

How to set your BIKE Zones in TrainingPeaks

INTRODUCTION

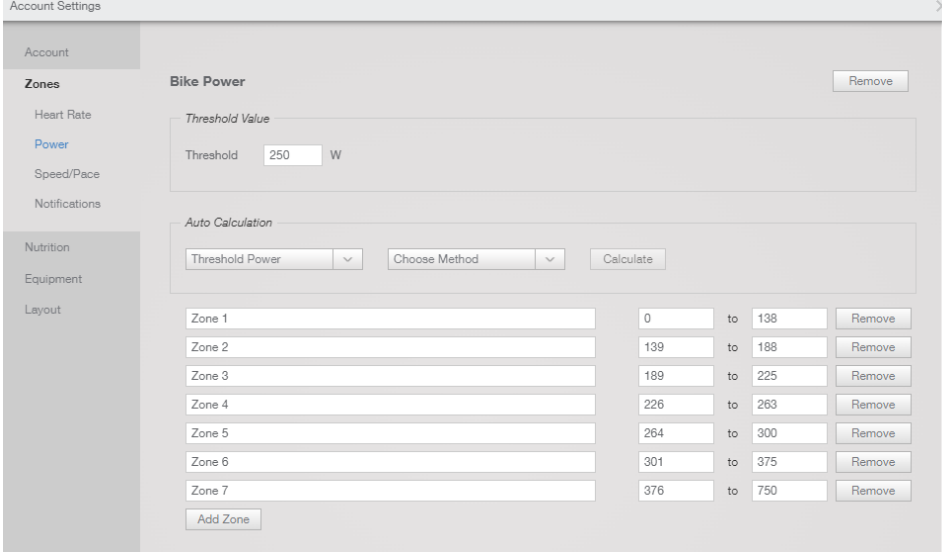
I train athletes using 7 Zones for BIKING. Brief descriptions of each Bike Zone are below.

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

STEPS

Once you have completed a Fitness Test for Cycling – follow the instructions below to set your Bike Power Zones in TrainingPeaks.

1. Find your FTP by taking your **average power** for the 20-minute test and **multiply it by 95% (.95) to get your FTP.**
2. In TrainingPeaks, click on your picture/name in the upper right.
3. Go to Settings > Zones > **Bike Power**
4. Type in your **FTP Value** from above where it says **Threshold W** (watts)
5. Scroll down, add zones and re-name them as needed until you have 7 Zones showing like below:



Account Settings

Zones

Bike Power Remove

Threshold Value

Threshold W

Auto Calculation

Threshold Power Choose Method Calculate

Zone 1	<input type="text" value="0"/>	to	<input type="text" value="138"/>	Remove
Zone 2	<input type="text" value="139"/>	to	<input type="text" value="188"/>	Remove
Zone 3	<input type="text" value="189"/>	to	<input type="text" value="225"/>	Remove
Zone 4	<input type="text" value="226"/>	to	<input type="text" value="263"/>	Remove
Zone 5	<input type="text" value="264"/>	to	<input type="text" value="300"/>	Remove
Zone 6	<input type="text" value="301"/>	to	<input type="text" value="375"/>	Remove
Zone 7	<input type="text" value="376"/>	to	<input type="text" value="750"/>	Remove

Add Zone

- Download the **Zone Calculator** from the athlete resources page ([link here](#)) and use it to calculate your **Bike Zones** by using your **FTP**. This calculator opens in Excel so works best on a laptop/computer.
- Type the calculator outputs in watts into the 7 Zone spaces in TrainingPeaks
- Hit Save & Close in the bottom right. This will apply your personal Bike Zone values to each future cycling workout.

How to set your SWIM Zones in TrainingPeaks

INTRODUCTION

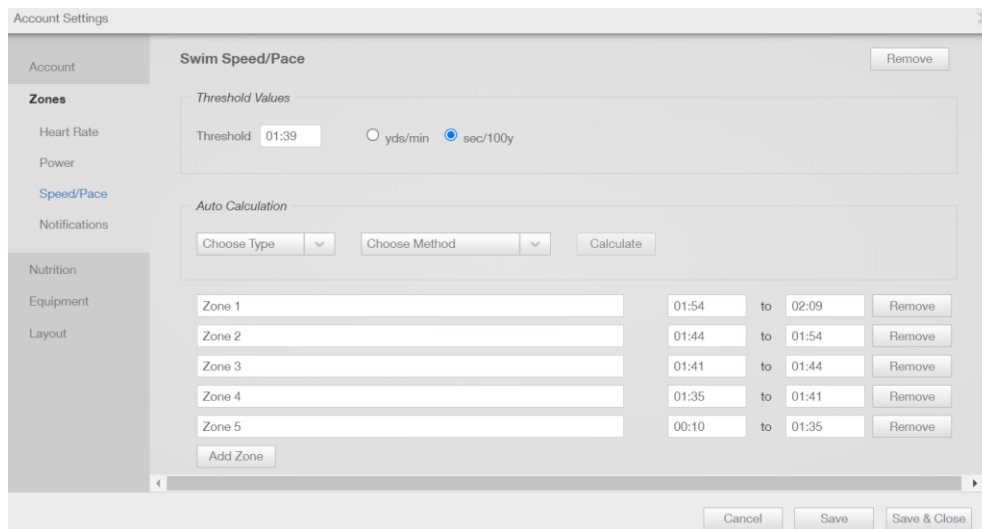
I train athletes using 5 Zones for swimming. Brief descriptions of each Swim Zone are below.

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

STEPS

Once you have completed a Fitness Test for Swimming – follow the instructions below to set your Speed/Pace Zones in TrainingPeaks.

1. Record your times for the 400m/y effort and the 200m/y effort of the Swim Fitness Test. Do the calculation below using your 2 recorded workout times:
 - Subtract your 200m/y time in min/sec from your 400m/y time (Ex: 400m in 6:00min - 200m in 3:00min = **3:00min**)
 - Divide that value by 2 (Ex: 3:00min / 2 = **1:30min**)
 - This value is your **Swim Threshold Pace per 100m/y**.
2. In TrainingPeaks, click on your picture/name in the upper right.
3. Go to Settings > Zones > **Swim Speed/Pace**
4. Type in your **Swim Threshold Value** from above in sec/100y
5. Scroll down, remove zones and re-name them as needed until you have 5 Zones showing like below:



The screenshot shows the 'Swim Speed/Pace' settings in TrainingPeaks. The 'Threshold Values' section has a 'Threshold' of 01:39 and the unit 'sec/100y' is selected. The 'Auto Calculation' section has 'Choose Type' and 'Choose Method' dropdowns, and a 'Calculate' button. Below, there are five zones with their respective start and end times and 'Remove' buttons.

Zone	Start Time	End Time	Action
Zone 1	01:54	02:09	Remove
Zone 2	01:44	01:54	Remove
Zone 3	01:41	01:44	Remove
Zone 4	01:35	01:41	Remove
Zone 5	00:10	01:35	Remove

6. Download the **Zone Calculator** from the athlete resources page ([link here](#)) and use it to calculate your **Swim Zones** by using your **Swim Threshold Pace**. This calculator opens in Excel so works best on a laptop/computer.
7. Type the calculator outputs in min/sec into the 5 Zone spaces in TrainingPeaks
8. Hit Save & Close in the bottom right. This will apply your personal Swim Zone values to each future Swim workout.