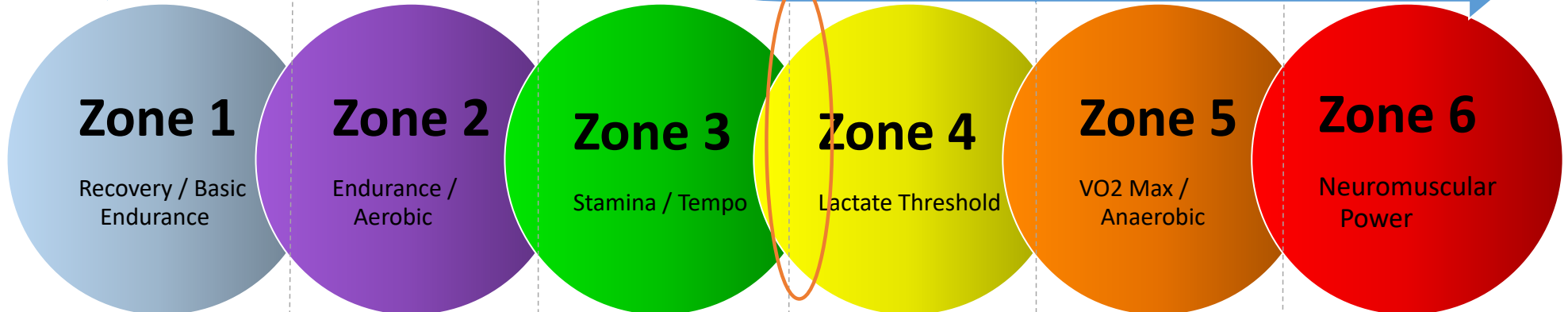
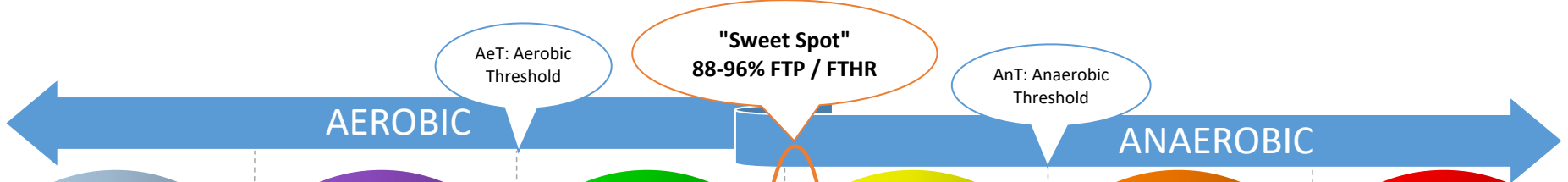




TM ENDURANCE COACHING



Zone 1
Recovery / Basic Endurance
Anything other than sleeping - watching TV, sitting in a chair etc.

Zone 2
Endurance / Aerobic
Feels like you can maintain for hours. Easy to breathe and carry a conversation

Zone 3
Stamina / Tempo
Feels like you can exercise for hours. Breathing harder/heavy. Can hold short conversation

Zone 4
Lactate Threshold
Harder/Becoming uncomfortable. Short of breath, can speak in short sentences

Zone 5
VO2 Max / Anaerobic
Very difficult to maintain intensity. Cannot hold a full sentence

Zone 6
Neuromuscular Power
Feels almost impossible to keep going. Completely out of breath, unable to talk

