

Appendix B — Training Paces by Zone

This table provides the corresponding training pace ranges for each of the 10 zones based on the athlete's current performance level.

How to Use This Table:

Step 1: Identify the athlete's current performance level using Appendix A.

Step 2: Locate that level in the training paces table.

Step 3: Use the corresponding pace ranges for each zone to guide training.

Guidance: - Use pace as the primary metric when conditions are stable - Use heart rate as a secondary check - Adjust for environmental conditions when necessary (see Chapter 7)

HPL 1	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	13:37 to 13:01	12:28 to 13:01	11:56 to 12:28	11:25 to 11:56	10:55 to 11:25
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	10:27 to 10:41	10:00 to 10:13	09:34 to 09:47	09:09 to 09:22	08:46 to 08:58
HPL 2	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	13:30 to 12:55	12:21 to 12:55	11:50 to 12:21	11:19 to 11:50	10:50 to 11:19
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	10:22 to 10:36	09:55 to 10:08	09:29 to 09:42	09:05 to 09:17	08:41 to 08:53
HPL 3	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	13:23 to 12:48	12:15 to 12:48	11:44 to 12:15	11:13 to 11:44	10:44 to 11:13
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	10:17 to 10:30	09:50 to 10:03	09:25 to 09:37	09:00 to 09:12	08:37 to 08:49
HPL 4	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	13:16 to 12:42	12:09 to 12:42	11:38 to 12:09	11:08 to 11:38	10:39 to 11:08
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	10:11 to 10:25	09:45 to 09:58	09:20 to 09:32	08:56 to 09:08	08:33 to 08:44
HPL 5	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	13:09 to 12:35	12:03 to 12:35	11:32 to 12:03	11:02 to 11:32	10:33 to 11:02
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	10:06 to 10:20	09:40 to 09:53	09:15 to 09:28	08:51 to 09:03	08:28 to 08:40
HPL 6	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	13:02 to 12:29	11:57 to 12:29	11:26 to 11:57	10:56 to 11:26	10:28 to 10:56
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	10:01 to 10:14	09:35 to 09:48	09:10 to 09:23	08:47 to 08:58	08:24 to 08:35

HPL 7	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	12:56 to 12:22	11:50 to 12:22	11:20 to 11:50	10:50 to 11:20	10:22 to 10:50
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	09:56 to 10:09	09:30 to 09:43	09:05 to 09:18	08:42 to 08:54	08:19 to 08:31
HPL 8	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	12:49 to 12:16	11:44 to 12:16	11:14 to 11:44	10:45 to 11:14	10:17 to 10:45
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	09:50 to 10:04	09:25 to 09:38	09:01 to 09:13	08:37 to 08:49	08:15 to 08:26
HPL 9	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	12:42 to 12:09	11:38 to 12:09	11:08 to 11:38	10:39 to 11:08	10:12 to 10:39
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	09:45 to 09:58	09:20 to 09:33	08:56 to 09:08	08:33 to 08:44	08:11 to 08:22
HPL 10	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	12:35 to 12:03	11:32 to 12:03	11:02 to 11:32	10:33 to 11:02	10:06 to 10:33
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	09:40 to 09:53	09:15 to 09:27	08:51 to 09:03	08:28 to 08:40	08:06 to 08:17
HPL 11	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	12:28 to 11:56	11:25 to 11:56	10:56 to 11:25	10:28 to 10:56	10:01 to 10:28
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	09:35 to 09:48	09:10 to 09:22	08:46 to 08:58	08:24 to 08:35	08:02 to 08:13
HPL 12	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	12:22 to 11:50	11:19 to 11:50	10:50 to 11:19	10:22 to 10:50	09:55 to 10:22
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	09:30 to 09:42	09:05 to 09:17	08:42 to 08:53	08:19 to 08:30	07:58 to 08:08
HPL 13	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	12:15 to 11:43	11:13 to 11:43	10:44 to 11:13	10:16 to 10:44	09:50 to 10:16
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	09:24 to 09:37	09:00 to 09:12	08:37 to 08:48	08:14 to 08:26	07:53 to 08:04
HPL 14	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	12:08 to 11:37	11:07 to 11:37	10:38 to 11:07	10:11 to 10:38	09:44 to 10:11
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	09:19 to 09:32	08:55 to 09:07	08:32 to 08:43	08:10 to 08:21	07:49 to 07:59
HPL 15	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	12:01 to 11:30	11:00 to 11:30	10:32 to 11:00	10:05 to 10:32	09:39 to 10:05
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	09:14 to 09:26	08:50 to 09:02	08:27 to 08:39	08:05 to 08:16	07:44 to 07:55
HPL 16	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	11:54 to 11:24	10:54 to 11:24	10:26 to 10:54	09:59 to 10:26	09:33 to 09:59
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	09:09 to 09:21	08:45 to 08:57	08:22 to 08:34	08:01 to 08:12	07:40 to 07:50

HPL 17	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	11:48 to 11:17	10:48 to 11:17	10:20 to 10:48	09:53 to 10:20	09:28 to 09:53
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	09:03 to 09:16	08:40 to 08:52	08:18 to 08:29	07:56 to 08:07	07:36 to 07:46
HPL 18	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	11:41 to 11:11	10:42 to 11:11	10:14 to 10:42	09:48 to 10:14	09:22 to 09:48
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	08:58 to 09:10	08:35 to 08:47	08:13 to 08:24	07:52 to 08:02	07:31 to 07:41
HPL 19	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	11:34 to 11:04	10:36 to 11:04	10:08 to 10:36	09:42 to 10:08	09:17 to 09:42
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	08:53 to 09:05	08:30 to 08:41	08:08 to 08:19	07:47 to 07:58	07:27 to 07:37
HPL 20	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	11:27 to 10:58	10:29 to 10:58	10:02 to 10:29	09:36 to 10:02	09:11 to 09:36
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	08:48 to 09:00	08:25 to 08:36	08:03 to 08:14	07:42 to 07:53	07:23 to 07:32
HPL 21	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	11:20 to 10:51	10:23 to 10:51	09:56 to 10:23	09:31 to 09:56	09:06 to 09:31
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	08:43 to 08:54	08:20 to 08:31	07:58 to 08:09	07:38 to 07:48	07:18 to 07:28
HPL 22	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	11:14 to 10:45	10:17 to 10:45	09:50 to 10:17	09:25 to 09:50	09:01 to 09:25
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	08:37 to 08:49	08:15 to 08:26	07:54 to 08:04	07:33 to 07:43	07:14 to 07:24
HPL 23	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	11:07 to 10:38	10:11 to 10:38	09:44 to 10:11	09:19 to 09:44	08:55 to 09:19
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	08:32 to 08:44	08:10 to 08:21	07:49 to 07:59	07:29 to 07:39	07:09 to 07:19
HPL 24	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	11:00 to 10:32	10:04 to 10:32	09:38 to 10:04	09:13 to 09:38	08:50 to 09:13
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	08:27 to 08:38	08:05 to 08:16	07:44 to 07:55	07:24 to 07:34	07:05 to 07:15
HPL 25	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	10:53 to 10:25	09:58 to 10:25	09:32 to 09:58	09:08 to 09:32	08:44 to 09:08
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	08:22 to 08:33	08:00 to 08:11	07:39 to 07:50	07:20 to 07:29	07:01 to 07:10
HPL 26	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	10:46 to 10:19	09:52 to 10:19	09:26 to 09:52	09:02 to 09:26	08:39 to 09:02
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	08:16 to 08:28	07:55 to 08:06	07:35 to 07:45	07:15 to 07:25	06:56 to 07:06

HPL 27	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	10:40 to 10:12	09:46 to 10:12	09:20 to 09:46	08:56 to 09:20	08:33 to 08:56
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	08:11 to 08:22	07:50 to 08:01	07:30 to 07:40	07:10 to 07:20	06:52 to 07:01
HPL 28	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	10:33 to 10:06	09:39 to 10:06	09:15 to 09:39	08:51 to 09:15	08:28 to 08:51
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	08:06 to 08:17	07:45 to 07:55	07:25 to 07:35	07:06 to 07:15	06:47 to 06:57
HPL 29	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	10:26 to 09:59	09:33 to 09:59	09:09 to 09:33	08:45 to 09:09	08:22 to 08:45
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	08:01 to 08:12	07:40 to 07:50	07:20 to 07:30	07:01 to 07:11	06:43 to 06:52
HPL 30	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	10:19 to 09:53	09:27 to 09:53	09:03 to 09:27	08:39 to 09:03	08:17 to 08:39
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	07:55 to 08:06	07:35 to 07:45	07:15 to 07:25	06:57 to 07:06	06:39 to 06:48
HPL 31	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	10:12 to 09:46	09:21 to 09:46	08:57 to 09:21	08:34 to 08:57	08:11 to 08:34
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	07:50 to 08:01	07:30 to 07:40	07:11 to 07:20	06:52 to 07:01	06:34 to 06:43
HPL 32	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	10:06 to 09:40	09:15 to 09:40	08:51 to 09:15	08:28 to 08:51	08:06 to 08:28
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	07:45 to 07:55	07:25 to 07:35	07:06 to 07:15	06:47 to 06:57	06:30 to 06:39
HPL 33	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	09:59 to 09:33	09:08 to 09:33	08:45 to 09:08	08:22 to 08:45	08:00 to 08:22
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	07:40 to 07:50	07:20 to 07:30	07:01 to 07:11	06:43 to 06:52	06:26 to 06:34
HPL 34	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	09:52 to 09:26	09:02 to 09:26	08:39 to 09:02	08:16 to 08:39	07:55 to 08:16
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	07:35 to 07:45	07:15 to 07:25	06:56 to 07:06	06:38 to 06:47	06:21 to 06:30
HPL 35	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	09:45 to 09:20	08:56 to 09:20	08:33 to 08:56	08:11 to 08:33	07:50 to 08:11
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	07:29 to 07:39	07:10 to 07:20	06:51 to 07:01	06:34 to 06:43	06:17 to 06:25
HPL 36	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	09:38 to 09:13	08:50 to 09:13	08:27 to 08:50	08:05 to 08:27	07:44 to 08:05
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	07:24 to 07:34	07:05 to 07:15	06:47 to 06:56	06:29 to 06:38	06:12 to 06:21

HPL 37	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	09:32 to 09:07	08:43 to 09:07	08:21 to 08:43	07:59 to 08:21	07:39 to 07:59
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	07:19 to 07:29	07:00 to 07:09	06:42 to 06:51	06:25 to 06:33	06:08 to 06:16
HPL 38	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	09:25 to 09:00	08:37 to 09:00	08:15 to 08:37	07:54 to 08:15	07:33 to 07:54
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	07:14 to 07:23	06:55 to 07:04	06:37 to 06:46	06:20 to 06:29	06:04 to 06:12
HPL 39	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	09:18 to 08:54	08:31 to 08:54	08:09 to 08:31	07:48 to 08:09	07:28 to 07:48
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	07:08 to 07:18	06:50 to 06:59	06:32 to 06:41	06:15 to 06:24	05:59 to 06:07
HPL 40	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	09:11 to 08:47	08:25 to 08:47	08:03 to 08:25	07:42 to 08:03	07:22 to 07:42
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	07:03 to 07:13	06:45 to 06:54	06:28 to 06:36	06:11 to 06:19	05:55 to 06:03
HPL 41	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	09:04 to 08:41	08:18 to 08:41	07:57 to 08:18	07:36 to 07:57	07:17 to 07:36
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	06:58 to 07:07	06:40 to 06:49	06:23 to 06:31	06:06 to 06:15	05:51 to 05:58
HPL 42	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	08:58 to 08:34	08:12 to 08:34	07:51 to 08:12	07:31 to 07:51	07:11 to 07:31
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	06:53 to 07:02	06:35 to 06:44	06:18 to 06:26	06:02 to 06:10	05:46 to 05:54
HPL 43	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	08:51 to 08:28	08:06 to 08:28	07:45 to 08:06	07:25 to 07:45	07:06 to 07:25
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	06:48 to 06:57	06:30 to 06:39	06:13 to 06:22	05:57 to 06:05	05:42 to 05:49
HPL 44	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	08:44 to 08:21	08:00 to 08:21	07:39 to 08:00	07:19 to 07:39	07:00 to 07:19
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	06:42 to 06:51	06:25 to 06:34	06:08 to 06:17	05:53 to 06:00	05:37 to 05:45
HPL 45	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	08:37 to 08:15	07:54 to 08:15	07:33 to 07:54	07:14 to 07:33	06:55 to 07:14
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	06:37 to 06:46	06:20 to 06:29	06:04 to 06:12	05:48 to 05:56	05:33 to 05:40
HPL 46	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	08:30 to 08:08	07:47 to 08:08	07:27 to 07:47	07:08 to 07:27	06:50 to 07:08
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	06:32 to 06:41	06:15 to 06:23	05:59 to 06:07	05:43 to 05:51	05:29 to 05:36

HPL 47	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	08:24 to 08:02	07:41 to 08:02	07:21 to 07:41	07:02 to 07:21	06:44 to 07:02
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	06:27 to 06:35	06:10 to 06:18	05:54 to 06:02	05:39 to 05:46	05:24 to 05:32
HPL 48	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	08:17 to 07:55	07:35 to 07:55	07:15 to 07:35	06:57 to 07:15	06:39 to 06:57
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	06:21 to 06:30	06:05 to 06:13	05:49 to 05:57	05:34 to 05:42	05:20 to 05:27
HPL 49	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	08:10 to 07:49	07:29 to 07:49	07:09 to 07:29	06:51 to 07:09	06:33 to 06:51
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	06:16 to 06:25	06:00 to 06:08	05:44 to 05:52	05:30 to 05:37	05:15 to 05:23
HPL 50	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	08:03 to 07:42	07:22 to 07:42	07:03 to 07:22	06:45 to 07:03	06:28 to 06:45
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	06:11 to 06:19	05:55 to 06:03	05:40 to 05:47	05:25 to 05:32	05:11 to 05:18
HPL 51	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	07:56 to 07:36	07:16 to 07:36	06:57 to 07:16	06:39 to 06:57	06:22 to 06:39
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	06:06 to 06:14	05:50 to 05:58	05:35 to 05:42	05:21 to 05:28	05:07 to 05:14
HPL 52	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	07:49 to 07:29	07:10 to 07:29	06:51 to 07:10	06:34 to 06:51	06:17 to 06:34
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	06:01 to 06:09	05:45 to 05:53	05:30 to 05:38	05:16 to 05:23	05:02 to 05:09
HPL 53	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	07:43 to 07:23	07:04 to 07:23	06:45 to 07:04	06:28 to 06:45	06:11 to 06:28
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	05:55 to 06:03	05:40 to 05:48	05:25 to 05:33	05:11 to 05:18	04:58 to 05:05
HPL 54	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	07:36 to 07:16	06:57 to 07:16	06:39 to 06:57	06:22 to 06:39	06:06 to 06:22
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	05:50 to 05:58	05:35 to 05:43	05:21 to 05:28	05:07 to 05:14	04:54 to 05:00
HPL 55	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	07:29 to 07:10	06:51 to 07:10	06:34 to 06:51	06:17 to 06:34	06:00 to 06:17
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	05:45 to 05:53	05:30 to 05:37	05:16 to 05:23	05:02 to 05:09	04:49 to 04:56
HPL 56	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	07:22 to 07:03	06:45 to 07:03	06:28 to 06:45	06:11 to 06:28	05:55 to 06:11
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	05:40 to 05:47	05:25 to 05:32	05:11 to 05:18	04:58 to 05:04	04:45 to 04:51

HPL 57	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	07:15 to 06:57	06:39 to 06:57	06:22 to 06:39	06:05 to 06:22	05:49 to 06:05
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	05:34 to 05:42	05:20 to 05:27	05:06 to 05:13	04:53 to 05:00	04:40 to 04:47
HPL 58	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	07:09 to 06:50	06:33 to 06:50	06:16 to 06:33	05:59 to 06:16	05:44 to 05:59
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	05:29 to 05:37	05:15 to 05:22	05:01 to 05:08	04:48 to 04:55	04:36 to 04:42
HPL 59	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	07:02 to 06:44	06:26 to 06:44	06:10 to 06:26	05:54 to 06:10	05:39 to 05:54
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	05:24 to 05:31	05:10 to 05:17	04:57 to 05:03	04:44 to 04:50	04:32 to 04:38
HPL 60	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	06:55 to 06:37	06:20 to 06:37	06:04 to 06:20	05:48 to 06:04	05:33 to 05:48
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	05:19 to 05:26	05:05 to 05:12	04:52 to 04:58	04:39 to 04:46	04:27 to 04:33
HPL 61	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	06:48 to 06:31	06:14 to 06:31	05:58 to 06:14	05:42 to 05:58	05:28 to 05:42
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	05:14 to 05:21	05:00 to 05:07	04:47 to 04:54	04:35 to 04:41	04:23 to 04:29
HPL 62	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	06:41 to 06:24	06:08 to 06:24	05:52 to 06:08	05:37 to 05:52	05:22 to 05:37
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	05:08 to 05:15	04:55 to 05:02	04:42 to 04:49	04:30 to 04:36	04:19 to 04:24
HPL 63	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	06:35 to 06:18	06:01 to 06:18	05:46 to 06:01	05:31 to 05:46	05:17 to 05:31
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	05:03 to 05:10	04:50 to 04:57	04:38 to 04:44	04:26 to 04:32	04:14 to 04:20
HPL 64	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	06:28 to 06:11	05:55 to 06:11	05:40 to 05:55	05:25 to 05:40	05:11 to 05:25
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	04:58 to 05:05	04:45 to 04:51	04:33 to 04:39	04:21 to 04:27	04:10 to 04:15
HPL 65	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	06:21 to 06:05	05:49 to 06:05	05:34 to 05:49	05:20 to 05:34	05:06 to 05:20
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	04:53 to 04:59	04:40 to 04:46	04:28 to 04:34	04:16 to 04:22	04:05 to 04:11
HPL 66	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	06:14 to 05:58	05:43 to 05:58	05:28 to 05:43	05:14 to 05:28	05:00 to 05:14
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	04:47 to 04:54	04:35 to 04:41	04:23 to 04:29	04:12 to 04:17	04:01 to 04:06

HPL 67	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	06:07 to 05:52	05:36 to 05:52	05:22 to 05:36	05:08 to 05:22	04:55 to 05:08
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	04:42 to 04:48	04:30 to 04:36	04:18 to 04:24	04:07 to 04:13	03:57 to 04:02
HPL 68	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	06:01 to 05:45	05:30 to 05:45	05:16 to 05:30	05:02 to 05:16	04:49 to 05:02
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	04:37 to 04:43	04:25 to 04:31	04:14 to 04:19	04:03 to 04:08	03:52 to 03:57
HPL 69	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5
	05:54 to 05:39	05:24 to 05:39	05:10 to 05:24	04:57 to 05:10	04:44 to 04:57
	Zone 6	Zone 7	Zone 8	Zone 9	Zone 10
	04:32 to 04:38	04:20 to 04:26	04:09 to 04:14	03:58 to 04:03	03:48 to 03:53