



TRIATHLON & ENDURANCE SPORTS COACHING

Heart Rate and Perceived Exertion Zones

Heart Rate

Zone	RPE Zone	Description	Examples	Exertion	Max time in Zone
1	6-8	Recovery	Easy 1 hour bike, walking, golf	Very, very light	Multiple hours
2	9-11	Extensive Endurance	Long 3-5 hour bike, long run, long swim session	Light	3-4 hours
3	12-14	Intensive Endurance	Early pace for half & full IM, half & full IM Run pace, tempo intervals	Somewhat hard	90 min
4	15	Sub threshold	Ending race pace for half & full IM, Marathon race pace	Hard	60 min
5a	16	Threshold	30 min bike TT, 8x800M run intervals, Olympic distance bike pace, 6x400 swim intervals	Hard	30 min
5b	17-18	Anaerobic Endurance	Road cycling race, 10k run race, sprint triathlon, 12x100 swim intervals, steep climb on bike	Very Hard	6-12 min
5c	19-20	Power	100m dash, 50 m swim sprint, bike race sprint finish	Maximal, very, very hard	20 sec to 1 minute