# WATT INTENSITY SCALE



### COGGAN'S ZONES

### L7 NEUROMUSCULAR

Very short, very high intensity efforts

### L6 ANAEROBIC

Short, high intensity intervals to increase anaerobic capacity

### L5 VO2 MAX

Intensity of 3-8 min intervals intended to increase VO2 max

### L4 LACTATE THRESHOLD

High effort training. Typically performed as 'blocks' of 10-30 min duration

### L3 TEMPO

Typical intensity of interval training

### L2 ENDURANCE

All day pace or long slow distance training

L1 ACTIVE RECOVERY
Light pedal pressure

### RST ZONES

# **ZONE 7**High Intensity Anaerobic

### ZONE 6

Maximum Aerobic Power / hillclimb

## ZONE 5

Time trial

### ZONE 4

Sub time trial

### ZONE 3

High Intensity endurand

### ZONE 2

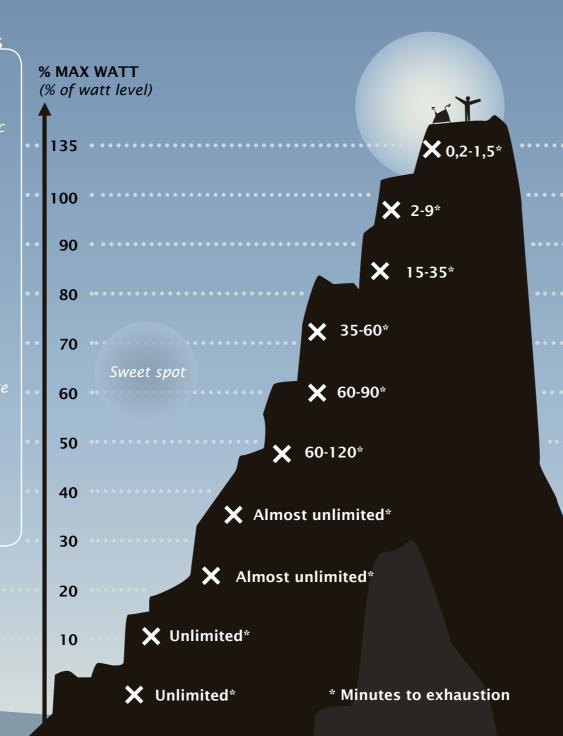
Solid endurance

### ZONE 1

Long endurance ride.

### **ZONE RECOVERY**

Pacayary ridas



### **DGI ZONES**

- 10: Maximum work load with lactic acid production You are pushing yourself to the maximum limit
- 9: Extremely hard work with lactic acid at a high level
  Hot burning sensation in muscles and non-rhythmic breathing
- 8: Hard work with tolerable lactic acid level
  Burning sensation in muscles and heavy breathing
  with difficulties talking
- 7: Strenuous work with lactic acid at a low level Beginning burning sensation in muscles and rhythmic but auick breathina
- 6: Slightly strenuous work

No burning sensation in muscles and possible to have short conversations

5: Moderate training

Breathing level allows almost normal conversation

4: Relatively light work

Slightly increased breathing

: Light work

Comportable warm-a

2: Very light work

Everyday physical activ

1: No work Inactive