

### Expected physiological adaptations from training in Zones 1-7

	Zone 1	Zone 2	Zone 3	Sweet Spot	Zone 4	Zone 5	Zone 7
	Active Recovery	Aerobic Capacity	Tempo	"SST"	Threshold	VO2 MAX	Neuromuscular Power
Example Length	30-90 minutes	1- 6 hrs	1-4 hours	0.5 - 3 hours	8-30 minutes	3-6 minutes	5-15 seconds
Increased plasma volume	x	x	xx	xx/ xxx	xxx	xxxx	x
increased mitochondrial enzymes	x	xx	xxx	xxx/ xxxx	xxxx	xx	x
increased lactate threshold	x	xx	xxx	xxx/ xxxx	xxxx	xx	x
increased muscle glycogen storage	x	xx	xxxx	xxxx/ xxx	xxx	xx	x
hypertrophy of slow twitch muscle fibers	x	x	xx	xx	xx	xxx	x
increased muscle capillarization	x	x	xx	xx	xx	xxx	x
interconversion of fast twitch muscle fibers (type IIb>type IIa)	x	xx	xxx	xxx	xxx	xx	x
increased stroke volume/maximal cardiac output	x	x	xx	xx/ xxx	xxx	xxxx	x
increased VO2 Max	x	x	xx	xx/ xxx	xxx	xxxx	x
increased muscle high energy (ATP/PCr) stores	x	x	x		x	x	xx
Increased anaerobic capacity ("lactate tolerance")	x	x	x		x	x	x
Hypertrophy of fast twitch fibers	x	x	x		x	x	xx
increased neuromuscular power	x	x	x		x	x	xxx

Table courtesy of Dr. Andy Coggan, Ph.D "Training and racing using a power meter: an introduction".