

PART 7. FROM ZONING TO THRESHOLD

Differences between ZONING and Threshold

- ZONING has no numbers on the chart, Threshold uses numbers.
- ZONING is simple to use and a great starting heart rate program.
- ZONING is easy Blue zone, moderate Yellow zones, and the vigorous hard Red zone.
- ZONING is founded on three-principles of cardio-exercise.

Zones	Effort	Zoner	Talk Test	Benefit	Wellness Zones	Activity	Calories Burned	*Fuel Burned	Time In Zones
Red	Hard		"I can't talk comfortably."	Get Fast	Performance	All-Out Effort	Burn More Calories		Short
Yellow	Moderate		"I can talk but it is not comfortable."	Get Fitter	Fitness	Endurance	Burn Lots of Calories		Most of Your Time
Blue	Easy		"I can talk and it is comfortable."	Get Fit	Health	Brisk	Burn Some Calories		Long

*Amount of Carbohydrates Burned **Amount of Fat Burned

- Threshold training is more complex, more zones, uses numbers, for athletes.
- Threshold training narrows the zones and provides for more precision training.
- Threshold training is most often used by indoor or outdoor cyclists.
- Threshold training and ZONING are the same in almost every way except one.

Zone Number	Zone Name	Zone Description	Zone Calories Burned/minute	Zone Sustainable Workout Time	Training Load* Points/Minute	Zone Benefits
ZONE 5	Very Hard Zone	High, hot, hard effort "I don't want to and can't talk" <small>Feels near max and unequivocally uncomfortable</small>	> 15 calories	15 seconds - 40 minutes	6-8-10 points**	Get Fastest
T2 HIGH THRESHOLD						
ZONE 4	High Moderate Zone	Moderate and challenging effort "I can talk but becoming not comfortable" <small>Feels like effort is becoming unsustainable</small>	10-14 calories	40 minutes - 2 hours	4 points	Get Fast
ZONE 3	Low Moderate Zone	Moderate effort "I can talk conversationally" <small>Feel the first shift in my breathing effort</small>	7-9 calories	1-3 hours	3 points	Get Fitter
T1 LOW THRESHOLD						
ZONE 2	Zone Sustainable Workout Time	Easy effort "I can talk and it is comfortable." <small>Feels comfortable-enjoyable</small>	4-6 calories	Very, very long time	2 points	Get Fit
ZONE 1	Low Easy Zone	Very easy effort "I can talk and it is easy." <small>Feels almost effortless</small>	1-3 calories	Long-lasting	1 points	Get Healthy