



# MY PERSONAL TRAINING ZONES



BY TRIMANUAL

Name: \_\_\_\_\_

Date: \_\_\_\_\_

\_\_\_\_:\_\_\_\_  
400m Time

\_\_\_\_:\_\_\_\_  
200m Time

  
**SWIM**

\_\_\_\_:\_\_\_\_  
CSS Pace

\_\_\_\_:\_\_\_\_  
Per Length



**BIKE**

Heart Rate  Watts  FTP: \_\_\_\_\_

BIKE ZONES

VERY EASY	____	to	____
EASY	____	to	____
TEMPO	____	to	____
SWEET SPOT	____	to	____
THRESHOLD	____	to	____
VO2 MAX	____	to	____
ANAEROBIC	____	to	____



**RUN**

Minute Miles  Minute Km

RUN ZONES

VERY EASY	____:____	to	____:____
EASY	____:____	to	____:____
TEMPO	____:____	to	____:____
INTERVAL	____:____	to	____:____
3km Pace	____:____	10km Pace	____:____
5km Pace	____:____	HM Pace	____:____
M Pace	____:____		