

Cycling Training Zones Explained

Zone 1 | Easy / Recovery

How it feels: Very easy, relaxed

Breathing: Normal, can talk comfortably

Purpose: Recovery, warm-up, cool-down

Zone 2 | Endurance

How it feels: Comfortable but purposeful

Breathing: Slightly elevated, can hold a full conversation

Purpose: Builds aerobic fitness and fat-burning efficiency

Zone 3 | Tempo

How it feels: “Comfortably hard”

Breathing: Noticeably heavier, talking in short sentences

Purpose: Improves muscular endurance

Zone 4 | Threshold

How it feels: Hard, focused effort

Breathing: Heavy, talking is difficult

Purpose: Increases your lactate threshold

Zone 5 | VO₂ Max

How it feels: Very hard

Breathing: Rapid, cannot talk

Purpose: Boosts power, speed, and cardiovascular capacity