



# ZONE 5 Training

## High intensity repeats to develop anaerobic endurance, speed and/or power.

This zone is ONLY for highly conditioned individuals. Training in this zone is done only for short periods of time (30 seconds - 2 minutes) with adequate 1-1 to 1-5 recovery time (HR returns to zone 1) in between intervals. This zone is used sparingly, usually not more than once a week or every 2 weeks. Heart rates are monitored in the recovery intervals to assure full recovery back to baseline before continuing additional hard intervals. To determine your zone go to online *Lactate Threshold Tester* (estimator) at...

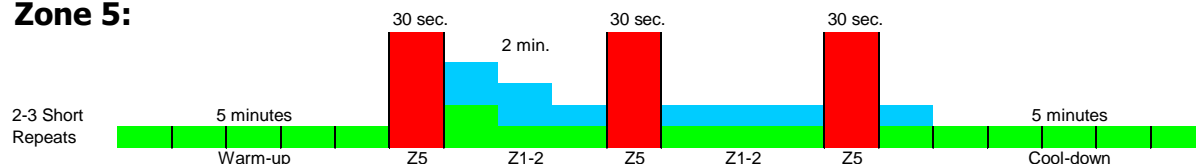
<http://www.fitstop-lab.com/tools/intensityindex.htm>

A rating of perceived exertion (RPE) between 9 and 10

High discomfort, all out pace, for 30 sec. (power) all the way up to 15 or 30 minutes (anaerobic endurance).

Critical Power (CP) for anywhere from 0.2 to 30 min., includes: CP0.2, CP1, CP6, CP12 & CP30.

### Zone 5:



Goal:

**High fit only** = Adjust intensity of exercise to maintain the highest load possible for prescribed interval duration (10-30 sec.) followed by a recovery of 2-5 x the length of interval. Objective here is to increase Speed & Power . Benefits include neuromuscular adaptations and anaerobic endurance.

Sample Zone 5 training sessions:

- Running (these can be modified for use on the stepper and elliptical machines)
  - Hill intervals on a 5-10 % grade. Do 4-5 x 3 minutes up in zone 5 and 3 minute recoveries.
  - Speed intervals. For 5K preparation, repeat 4-5 x 200-400 meter distances at race pace.
  - Spint intervals. After a warm-up do 3 intervals of 15-20 seconds all out (1-minute recovery) followed immediately by 5 minutes bringing heart rate up to zone 5. Take 8 minutes of recovery and then repeat the above 2 more times.
  - Lactate reps. After warm-up, do 2 sets of 4 x 40 seconds (20 second recoveries) with 5 minutes between sets. Do each at near-max effort.
  - Track. Warm up. Then 200, 400, 600, 800, 1000, 800, 600, 400, 200 (recover for 50% of interval). 5 seconds/400 faster than 5k.
- Cycling
  - Hill intervals on a 5-10% grade. Do 4-5 x 3 minutes up in zone 5 and 3 minute recoveries. 70+ rpm's
  - Sprint intervals. After a warm-up do 3 x 15-20 seconds all out (1-minute recovery) followed immediately by 5 minutes bringing heart rate up to zone 5. Take 8 minutes of recovery and then repeat this 2 more times. 95-100 rpm's.
  - Lactate reps. After warm-up, do 2 sets of 4 x 40 seconds (20 second recoveries) with 5 minutes between sets. Do each at near max effort. 100+ rpm's.

The other zones:

**Z1** [www.fitstop-lab.com/workouts/ZONE1Training.pdf](http://www.fitstop-lab.com/workouts/ZONE1Training.pdf)

**Z2** [www.fitstop-lab.com/workouts/ZONE2Training.pdf](http://www.fitstop-lab.com/workouts/ZONE2Training.pdf)

**Z3** [www.fitstop-lab.com/workouts/ZONE3Training.pdf](http://www.fitstop-lab.com/workouts/ZONE3Training.pdf)

**Z5** [www.fitstop-lab.com/workouts/ZONE5Training.pdf](http://www.fitstop-lab.com/workouts/ZONE5Training.pdf)

<http://www.fitstoplab.com>