

STAGES	DESCRIPTION	% OF FTP ¹	% OF FTTH ¹	RPE ²	TYPICAL DURATION OF CONTINUOUS RIDE	TYPICAL DURATION OF INTERVAL EFFORT
1	Active Recovery	<55	<68	<2	30-90 min.	N/A
2	Endurance	56-75	69-83	2-3	60-300 min	N/A
3	Tempo	76-90	84-94	3-4	60-180 min	N/A
4	Lactate Threshold	91-105	95-105	4-5	N/A	8-30 min
5	VO2 Max	106-120	>106	6-7	N/A	3-8 min
6	Anaerobic Capacity	121-150	N/A	>7	N/A	30sec-3min
7	Neuromuscular Power	N/A	N/A	Max	N/A	<30 sec

¹Percentage of average power and average HR are at Functional Threshold.

²RPE uses the 10-point Borg Scale.