TRAINING ZONES

PERCEPTION OF EFFORT

What are training zones for perceived exertion?

Cycling is a sport that requires well-structured and personalized training to help athletes achieve their goals. One of the main tools used in cycling training is training zones, which allow for more precise control of the intensity of effort exerted during training.

In this ebook, we'll discuss training zones based on the subjective perception of effort and how to use them to improve your performance as a cyclist.

What are training zones for perceived exertion?

Training zones are ranges of exertion intensity determined using different methods, such as heart rate, power, or subjective perception of exertion.

Subjective perception of exertion is a scale that measures the athlete's perceived exertion during exercise. It is a scale of 1 to 10, where 1 represents very easy exertion and 10 represents maximum exertion.

Training zones based on subjective perception of exertion are determined based on the athlete's perceived exertion intensity. These zones are divided into bands corresponding to different exertion levels, which can be used for endurance, strength, or speed training.

Cycling training zones!

In cycling, training zones are divided into five bands, each corresponding to a different intensity of effort. These bands are:

Zone 1: Recovery

Zone 1 corresponds to very light exertion, used for recovery after intense training. The athlete's perceived exertion in this zone is 1 to 2 on the subjective perception of exertion scale.

Zone 2: Aerobic

Zone 2 corresponds to moderate exertion, used for basic aerobic training. The athlete's perceived exertion in this zone is 3 to 4 on the subjective perception of exertion scale.

Zone 3: Time

Zone 3 corresponds to moderately intense effort, used for time and endurance training. The athlete's perceived exertion in this zone is 5 to 6 on the subjective perceived exertion scale.

Zone 4: Lactate

Zone 4 corresponds to intense effort, used for lactate training and improving anaerobic capacity. The athlete's perceived exertion in this zone is 7 to 8 on the subjective perceived exertion scale.

Zone 5: Maximal

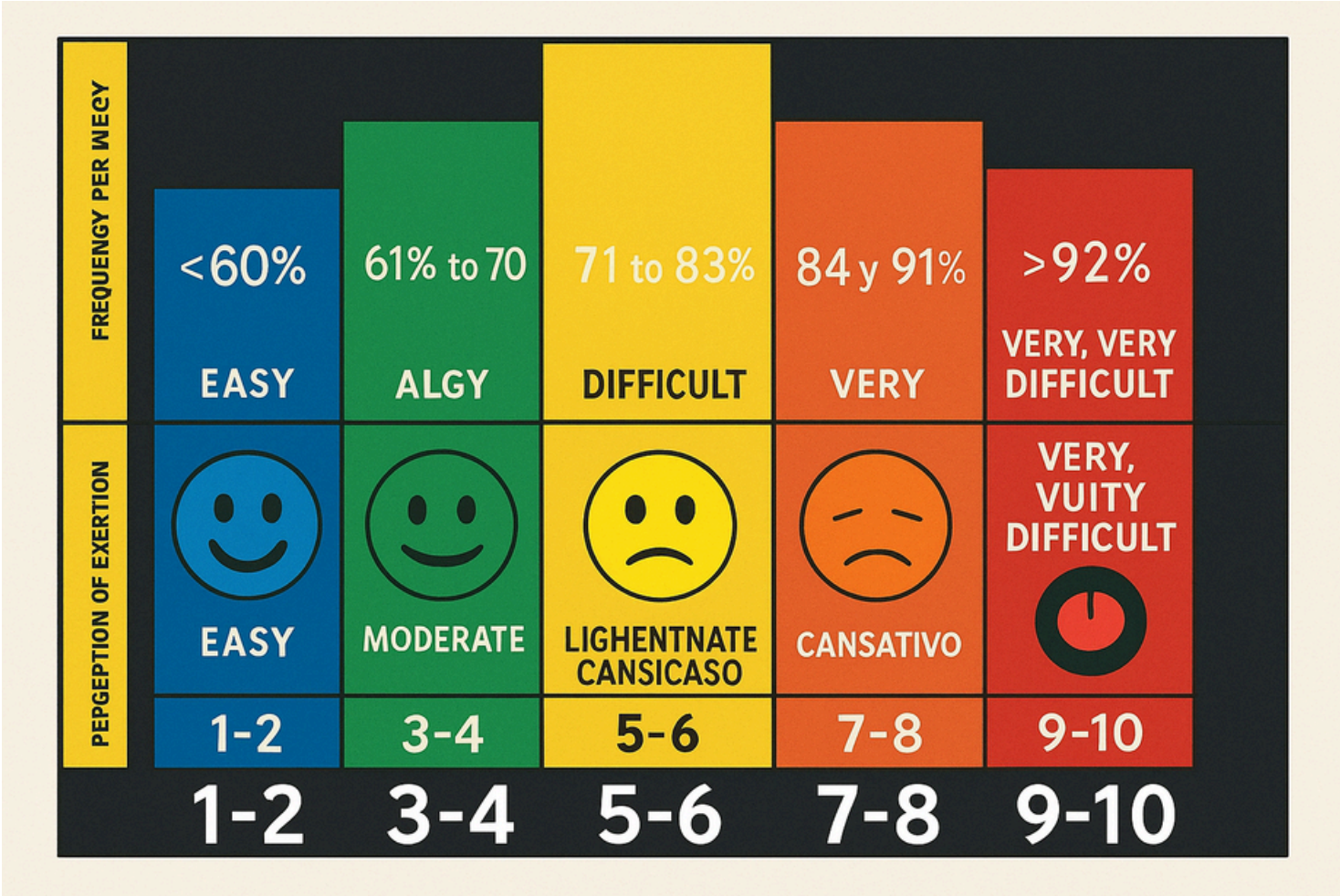
Zone 5 corresponds to maximal effort, used for speed and power training. The athlete's perceived exertion in this zone is 9 to 10 on the subjective perceived exertion scale.

To use training zones based on subjective perception of exertion, it's important for cyclists to know how to identify the perceived exertion in each zone. To do this, a stress test is necessary to determine the maximum effort the athlete is capable of enduring and, based on this, establish training zones.

LEVEL	EFFORT	PHYSICAL SIGNALS
0	None	None
1	Minimum	Sense of movement
2	Some	Strong sense of movement
3	Somewhat difficl	Warmth
4	Difficult	Begin to sweat
5	More difficult	Moderate sweating
7	Extremely difficut	Heavy sweating
8	Maximum effort	Difficulty breathing
10	Exhaustion	Exhaustion

Once the training zones have been established, the cyclist can use this information to plan their training according to their goals. For example, if the goal is to improve endurance, it is recommended that the cyclist train in Zone 3 for longer periods of time. If the goal is to improve speed, the cyclist should train in Zone 5 for short, intense efforts.

Sample table



Furthermore, it is important for cyclists to constantly monitor their exertion during training to ensure they are training at the correct intensity. This can be done through subjective perception of exertion or by using heart rate or power monitors.

Conclusion

Training zones based on perceived exertion are an important tool in cycling training. With the help of these zones, cyclists can control the intensity of their exertion during training, allowing for better adaptation to the stimulus and improved performance. It is important for cyclists to know how to identify the perceived exertion in each zone and use this information to plan their training according to their goals. With well-structured and individualized training, it is possible to achieve excellent cycling results.