

WHAT ZONE IS THIS?

Combining all the training zone elements into one comprehensive cheat sheet, so you can translate any zoning method to TritonWear Zones.



Heart Rate
(% of Max)



Workout Rating
(RPE value)



Zone Top Speed
(x Critical Swim Speed)



Exercise Strain
(TritonWear Energy Score)

ZONE 5

Lactate Production & Tolerance

VO2 Max and Above

ALL-OUT & CHILL

Extreme intensity work with extra rest

- Rapid lactate increase, fast fatigue
- Developing the ability to tolerate lactate/acidity in the muscles
- Enhances rate of glycolic energy production



96 - 100



>1.1



9 - 10



95+

ZONE 4

Best Average

Critical Swim Speed to VO2 Max

I'M NOT SWEATING, YOU ARE

Severe intensity work with a lil extra rest

- Progressing lactate production
- Improves VO2max and aerobic power
- Uses both aerobic and anaerobic systems to produce energy



90 - 95



1 - 1.1



8 - 9



86 - 94

ZONE 3

Threshold up to CSS

Anaerobic Threshold up to Critical Swim Speed/Velocity

SWIM. REST. REPEAT

Very heavy intensity work with a normal rest

- Also known as MLSS (Maximal Lactate Steady State)
- Lactate production = lactate removal
- The highest intensity that can be sustained aerobically



80 - 89



0.97 - 1



6 - 7



83 - 85

ZONE 2

Edurance

Aerobic Maintenance / Development

JUST KEEP SWIMMING

Heavy intensity work with not much rest

- Base aerobic high-volume training
- Enhances lactate removal
- Improves endurance, increases cardiovascular fitness, and burns fat.
- Focus on technique



74 - 79



0.92 - 0.97



3 - 5



78 - 82

ZONE 1

Easy / Moderate

Aerobic Base Conditioning

SLOW AND STEADY

Moderate intensity work with just a bit of rest

- Gentle warm-up, cool-down, or recovery
- Prepares the body for more intense training



60 - 74



<0.91



2 - 3



0 - 77