







FTP = 100 Watts 		
Zone	% of FTP	Watts
1	55%	< 55
2	75%	56 - 66 - 75
3	90%	76 - 83 - 90
4	105%	91 - 98 - 105
5	120%	106 - 113 - 120
6	150%	121 - 136 - 150
7	> 151%	> 151


FTP = 110 Watts 		
Zone	% of FTP	Watts
1	55%	< 61
2	75%	62 - 72 - 83
3	90%	84 - 91 - 99
4	105%	100 - 108 - 116
5	120%	117 - 124 - 132
6	150%	133 - 149 - 165
7	> 151%	> 166


FTP = 120 Watts 		
Zone	% of FTP	Watts
1	55%	< 66
2	75%	67 - 79 - 90
3	90%	91 - 100 - 108
4	105%	109 - 118 - 126
5	120%	127 - 136 - 144
6	150%	145 - 163 - 180
7	> 151%	> 182


FTP = 130 Watts 		
Zone	% of FTP	Watts
1	55%	< 72
2	75%	73 - 85 - 98
3	90%	99 - 108 - 117
4	105%	118 - 127 - 137
5	120%	138 - 147 - 156
6	150%	157 - 176 - 195
7	> 151%	> 196


FTP = 140 Watts 		
Zone	% of FTP	Watts
1	55%	< 77
2	75%	78 - 92 - 105
3	90%	106 - 116 - 126
4	105%	127 - 137 - 147
5	120%	148 - 158 - 168
6	150%	169 - 190 - 210
7	> 151%	> 211


FTP = 150 Watts 		
Zone	% of FTP	Watts
1	55%	< 83
2	75%	84 - 98 - 113
3	90%	114 - 125 - 135
4	105%	137 - 147 - 158
5	120%	159 - 170 - 180
6	150%	182 - 203 - 225
7	> 151%	> 225


FTP = 160 Watts 		
Zone	% of FTP	Watts
1	55%	< 88
2	75%	90 - 105 - 120
3	90%	122 - 133 - 144
4	105%	146 - 157 - 168
5	120%	170 - 181 - 192
6	150%	194 - 217 - 240
7	> 151%	> 241


FTP = 170 Watts 		
Zone	% of FTP	Watts
1	55%	< 94
2	75%	95 - 111 - 128
3	90%	129 - 141 - 153
4	105%	155 - 167 - 179
5	120%	180 - 192 - 204
6	150%	206 - 230 - 255
7	> 151%	> 256


FTP = 180 Watts 		
Zone	% of FTP	Watts
1	55%	< 99
2	75%	101 - 118 - 135
3	90%	137 - 149 - 162
4	105%	164 - 176 - 189
5	120%	191 - 203 - 216
6	150%	218 - 244 - 270
7	> 151%	> 271


FTP = 190 Watts 		
Zone	% of FTP	Watts
1	55%	< 105
2	75%	106 - 124 - 143
3	90%	144 - 158 - 171
4	105%	173 - 186 - 200
5	120%	201 - 215 - 228
6	150%	230 - 245 - 285
7	> 151%	> 286


FTP = 200 Watts 		
Zone	% of FTP	Watts
1	55%	< 110
2	75%	112 - 131 - 150
3	90%	152 - 166 - 180
4	105%	182 - 196 - 210
5	120%	212 - 226 - 240
6	150%	242 - 271 - 300
7	> 151%	> 301


FTP = 210 Watts 		
Zone	% of FTP	Watts
1	55%	< 115
2	75%	118 - 138 - 158
3	90%	160 - 174 - 189
4	105%	191 - 206 - 221
5	120%	223 - 237 - 252
6	150%	254 - 285 - 315
7	> 151%	> 316


FTP = 220 Watts 		
Zone	% of FTP	Watts
1	55%	< 121
2	75%	123 - 144 - 165
3	90%	167 - 183 - 198
4	105%	200 - 216 - 231
5	120%	233 - 249 - 264
6	150%	266 - 298 - 330
7	> 151%	> 331


FTP = 230 Watts 		
Zone	% of FTP	Watts
1	55%	< 127
2	75%	129 - 151 - 173
3	90%	175 - 191 - 207
4	105%	209 - 225 - 242
5	120%	244 - 260 - 276
6	150%	278 - 312 - 345
7	> 151%	> 346


FTP = 240 Watts 		
Zone	% of FTP	Watts
1	55%	< 132
2	75%	134 - 157 - 180
3	90%	182 - 199 - 216
4	105%	218 - 235 - 252
5	120%	254 - 271 - 288
6	150%	290 - 325 - 360
7	> 151%	> 361


FTP = 250 Watts 		
Zone	% of FTP	Watts
1	55%	< 138
2	75%	140 - 164 - 188
3	90%	190 - 208 - 225
4	105%	228 - 245 - 263
5	120%	265 - 283 - 300
6	150%	303 - 339 - 375
7	> 151%	> 376


FTP = 260 Watts 		
Zone	% of FTP	Watts
1	55%	< 143
2	75%	146 - 170 - 195
3	90%	198 - 216 - 234
4	105%	237 - 255 - 273
5	120%	276 - 294 - 312
6	150%	315 - 352 - 390
7	> 151%	> 391


FTP = 270 Watts 		
Zone	% of FTP	Watts
1	55%	< 149
2	75%	151 - 177 - 203
3	90%	205 225 - 243
4	105%	246 - 265 - 284
5	120%	286 - 305 - 324
6	150%	327 - 366 - 405
7	> 151%	> 406


FTP = 280 Watts 		
Zone	% of FTP	Watts
1	55%	< 154
2	75%	157 - 183 - 210
3	90%	213 - 232 - 252
4	105%	255 - 274 - 294
5	120%	297 - 316 - 336
6	150%	339 - 379 - 420
7	> 151%	> 421


FTP = 290 Watts 		
Zone	% of FTP	Watts
1	55%	< 160
2	75%	162 - 190 - 218
3	90%	220 - 241 - 261
4	105%	264 - 284 - 305
5	120%	307 - 328 - 348
6	150%	351 - 393 - 435
7	> 151%	> 436


FTP = 300 Watts 		
Zone	% of FTP	Watts
1	55%	< 165
2	75%	168 - 197 - 225
3	90%	228 - 249 - 270
4	105%	273 - 294 - 315
5	120%	318 - 339 - 360
6	150%	363 - 407 - 450
7	> 151%	> 451

FTP = 310 Watts 		
Zone	% of FTP	Watts
1	55%	< 171
2	75%	174 - 203 - 233
3	90%	236 - 257 - 279
4	105%	282 - 304 - 326
5	120%	329 - 350 - 372
6	150%	375 - 420 - 465
7	> 151%	> 466

FTP = 320 Watts 		
Zone	% of FTP	Watts
1	55%	< 176
2	75%	179 - 210 - 240
3	90%	243 - 266 - 288
4	105%	291 - 314 - 336
5	120%	339 - 362 - 384
6	150%	387 - 434 - 480
7	> 151%	> 481

FTP = 330 Watts 		
Zone	% of FTP	Watts
1	55%	< 182
2	75%	185 - 216 - 248
3	90%	251 - 274 - 297
4	105%	300 - 323 - 347
5	120%	350 - 373 - 396
6	150%	399 - 447 - 495
7	> 151%	> 496

FTP = 340 Watts 		
Zone	% of FTP	Watts
<b>1</b>	55%	<b>&lt; 187</b>
<b>2</b>	75%	<b>190 - 223 - 255</b>
<b>3</b>	90%	<b>258 - 282 - 306</b>
<b>4</b>	105%	<b>309 - 333 - 357</b>
<b>5</b>	120%	<b>360 - 384 - 408</b>
<b>6</b>	150%	<b>411 - 461 - 510</b>
<b>7</b>	> 151%	<b>&gt; 511</b>

FTP = 350 Watts 		
Zone	% of FTP	Watts
<b>1</b>	55%	<b>&lt; 193</b>
<b>2</b>	75%	<b>196 - 229 - 263</b>
<b>3</b>	90%	<b>266 - 291 - 315</b>
<b>4</b>	105%	<b>319 - 343 - 368</b>
<b>5</b>	120%	<b>337 - 396 - 420</b>
<b>6</b>	150%	<b>424 - 474 - 525</b>
<b>7</b>	> 151%	<b>&gt; 525</b>

### Coggin Power Zone Card



Zone	%	240
1	55%	<
2	75%	
3	90%	
4	105%	
5	120%	
6	150%	
7	N/A	N/A

	132		
134	157	180	
182	199	216	
218	235	252	
254	271	288	
290	325	360	
	362		

▲▲▲		
FTP = 240 Watts		
Zone	% of FTP	Watts
1	55%	< 132
2	75%	134 - 157 - 180
3	90%	182 - 199 - 216
4	105%	218 - 235 - 252
5	120%	254 - 271 - 288
6	150%	290 - 325 - 360
7	> 151%	> 362
Jeanie		Test Date 9/6/17



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## Power Zone Card Samples



- \*Diagrams inspired by Dr. Andrew Coggin and Peaks Coaching Group.
- \*Watts are how hard you pedal multiplied by how fast you pedal.
- \*Training with Power is Training with Data. You cannot improve that which you cannot measure.
- \*The highest power a rider can maintain without fatigue is Functional Threshold Power (FTP).
- \*FTP is the single most important physiological determinant of performance in events ranging from 3 km pursuit to as long as a 3 week stage race.

FTP = 110 Watts		
Zone	% of FTP	Watts
1	55%	< 61
2	75%	62 - 72 - 83
3	90%	84 - 91 - 99
4	105%	100 - 108 - 116
5	120%	117 - 124 - 132
6	150%	133 - 149 - 165
7	N/A	N/A

FTP = 200 Watts		
Zone	% of FTP	Watts
1	55%	< 110
2	75%	112 - 131 - 150
3	90%	152 - 166 - 180
4	105%	182 - 196 - 210
5	120%	212 - 226 - 240
6	150%	242 - 271 - 300
7	N/A	N/A

FTP = 160 Watts		
Zone	% of FTP	Watts
1	55%	< 88
2	75%	90 - 105 - 120
3	90%	122 - 144 - 144
4	105%	16 - 157 - 168
5	120%	170 - 181 - 192
6	150%	194 - 217 - 240
7	N/A	N/A

FTP = 250 Watts		
Zone	% of FTP	Watts
1	55%	< 138
2	75%	140 - 164 - 188
3	90%	190 - 208 - 225
4	105%	228 - 245 - 263
5	120%	265 - 283 - 300
6	150%	303 - 339 - 375
7	N/A	N/A