

Zone-based interval training (ZBIT) methods

Blue	Green	Red
SS1 Middle of blue zone	Green Power Intervals (AP) 5-10s @100% 40-60s middle of blue	Red Power Intervals (LP) 20-30s @100% 2-3m middle of blue
SS2 Top of blue zone	Green Endurance Intervals (AC) 10-15s @100% 60-90s top of blue	Red Endurance Intervals (LC) 40-60s @100% 1-2m top of blue
Tempo Intervals 10s @70% 60s middle of blue	Green Threshold (ANT) 3-5m top of green zone 2-4m top of blue	Red Threshold (ANT) 3-5 min @bottom of red zone 2-4m top of blue
Blue Repeats 1:1 60s top of blue 60s middle of blue	Green Repeats 1:1 60s top of green 60s bottom of green	Red Max Intervals (VO2) 90-120s @100% 4-5m middle of blue