

GoldenCheetah Athlete Activity Tools View Window Help

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Scope Bar

Side Bar

Main View

Power Zones

Critical Power (watts): 290					
Zone	Description	Low (watts)	High (watts)	Time	%
Z1	Active Recovery	0	159	25:17	40
Z2	Endurance	159	217	10:23	17
Z3	Tempo	217	261	09:48	16
Z4	Threshold	261	304	05:56	9
Z5	VO2Max	304	348	04:46	8
Z6	Anaerobic	348	435	04:47	8
Z7	Neuromuscular	435	MAX	01:38	3

Heart Rate Zones

Threshold (bpm): 165