Matt Wilpers - Peloton
October 7 ·

"What differentiates a "Power Zone Ride" from a "Power Zone Endurance Ride" from a "Power Zone Max Ride"?

Short Answer: Each class type focuses on achieving performance improvements in different Zones.
- Power Zone Endurance Classes - Target performance improvement in Zones 2 and 3
- Power Zone Classes - Target performance improvements in Zones 4-6
- Power Zone Max Classes - Target performance improvements in Zone 4-7, but have an extra emphasis on 5-7.

You may then be wondering, what specific physiological improvements you should be experiencing besides improvements in your performance in the respective zones?

Short Answer: Please check out the image below created by Dr. Andrew Coggan, Co-author of "Training and Racing With a Power Meter".

I hope this post helps you better understand what we are doing and why in Power Zone Training so that you can commit to your workouts, trust the training, and have some fun along the way 🙂

TABLE 2 – EXPECTED PHYSIOLOGICAL/PERFORMANCE ADAPTATIONS RESULTING FROM TRAINING AT LEVELS 1-7:

	1	2	3	4	5	6	7
Increased plasma volume		✔	✔✔	✔✔✔	✔✔✔ ✔	✔	
Increased muscle mitochondrial enzymes		✔✔	✔✔✔	✔✔✔ ✔	✔✔	✔	
Increased lactate threshold		✔✔	✔✔✔	✔✔✔ ✔	✔✔	✔	
Increased muscle glycogen storage		✔✔	✔✔✔ ✔	✔✔✔	✔✔	✔	
Hypertrophy of slow twitch muscle fibers		✔	✔✔	✔✔	✔✔✔	✔	
Increased muscle capillarization		✔	✔✔	✔✔	✔✔✔	✔	
Interconversion of fast twitch muscle fibers (type IIb -> type IIa)		✔✔	✔✔✔	✔✔✔	✔✔	✔	
Increased stroke volume/maximal cardiac output		✔	✔✔	✔✔✔	✔✔✔ ✔	✔	
Increased VO2 Max		✔	✔✔	✔✔✔	✔✔✔ ✔	✔	
Increased muscle high engergy phosphate (ATP/PCr) Stores						✔	✔✔
Increased anaerobic capacity ("lactate tolerance")					✔	✔✔✔	✔
Hypertrophy of fast twitch fibers						✔	✔✔
Increased neuromuscular power						✔	✔✔✔