



## Zwift Power Zone Chart

Z1 Recovery	Z2 Endurance	Z3 Tempo	Z4 Threshold	Z5 VO2 Max	Z6 Anaerobic
Below 60%	60-75%	76-89%	90-104%	105-118%	Above 118%

Print and cut out this Power Zone chart. We recommend taping it to your indoor trainer table/stand!

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