

UNDERSTANDING **ZONE 4** TRAINING

Precision Approach to Training Zones

INSCYD elevates traditional training zones by integrating comprehensive physiological data, offering a more precise and customized approach to training.

Customized Zones: Tailored training plans based on detailed physiological metrics.

Physiological Data Integration: Includes $\dot{V}O_{2\max}$, carbohydrate and fat combustion rates, aerobic vs anaerobic energy contributions, lactate concentrations, and other in a certain training zone.

Athlete Insights: Gain deeper understanding of each athlete's unique physiology, from energy systems to lactate dynamics.



What is zone 4 training?

Zone 4 is a hard exercise intensity, but not maximal effort.

Also known as Threshold Training.

90-105% of anaerobic threshold or Functional Threshold Power (FTP).

95-105% of threshold heart rate or 80-90% of maximal heart rate.

Heart rate reaches Zone 4 levels after 1-2 minutes of exercise.

Training Zone Instruction Manual

United States. Bureau of the Census

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the text 'United States. Bureau of the Census'.

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In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Training Zone Instruction Manual**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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