

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 %VO₂max, 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.



Training Zone Instruction Manual

United States. Bureau of the Census

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[Continued as] Training manual-signalling. [With] Amendments. [Continued as] Signal training. [With]
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