

Training Zone	Description	Blood Lactate Threshold Relationship	Blood Lactate (mmol.L)	Percent HRmax (%)	Percent VO2max (%)	Kayak Stroke Rate (s/min)	Borg's RPE Scale	Exercise Time to Exhaustion	Body Sensations	Example Sets
L1	Light Aerobic (Recovery)	Below LT1	<2.0	60 - 75	<60	<60	Very Light	>3 hours	Too easy to do strong technique. Recovery only	30 - 40 min @ L1 As an active recovery between sets
L2	Moderate Aerobic (Aerobic Endurance)	Lower half between LT1 and LT2	1.0 - 3.0	75 - 84	60-72	60 - 70	Light	1 - 3 hours	Easy to do good technique. Easy to talk No puffing, perspiring, etc. Get tired only after an extended time	1. 5(5'L1/L2) 2. 18km @ L2 steady 3. 6 x 2km @ L2
L3	Heavy Aerobic (Aerobic Power)	Upper Half between LT1 and LT2	2.0 - 4.0	82 - 89	70 - 82	70 - 80	Somewhat Hard	20 min - 1 hour	Strong work. Beginning to breathe hard, Red face and perspiration after a while	1. 10km time trial 2. (5 x 3'L3/1'L1) 3. 4 - 6 x 1000m @ L3/2' rest
L4	Threshold (Anaerobic Glycolytic Endurance)	LT2	3.0 - 8.0	88 - 93	80 - 85	80 - 95	Hard	12 - 30 min	Hard work - long pieces feel like maximum effort. Hard breathing, red face perspiring freely	1. 6 x 4' @ L4/2' rest 2. 4 (3'L4/2'L2/3'L4/2'rest)
L5	Maximal Aerobic/1000m Race Pace (Anaerobic Glycolytic Power)	Above LT2	>5.0	92 - 100	85 - 100	95 - 115	Very hard	3 - 8 min	Maximum effort. Aware of high HR. Uncomfortable from lactate. Maximum breathing	1. 1000m time trials 2. 3 x 1400m done as 200m L5 100m L1, wtc
L6	500m Race Pace (Anaerobic Glycolytic Power)	Above LT2	>8.0	100		110 - 125	Very, very hard	1 - 2 min	Maximum effort. Aware of high HR. Uncomfortable from lactate. Maximum breathing	1. 500m time trials 2. 3 x 700m done as 200m L6, 100m L1, etc
L7	200m Race Pace (Anaerobic Glycolytic Power)	Above LT2	>8.0	N/A		120 - 160	Almost Maximal	20 - 50 sec	Maximum effort. Aware of high HR. Uncomfortable from lactate. Maximum breathing	1. 200m time trial 2. 4 x (100m L7, 100m L1, 100m L7) 3. 8 x 100m L7 5 min rest
L8	Sprints Overspeed (Alactic)	N/A	N/A	N/A		>150	Maximal	up to 15 - 20 sec	Hard but to short to be uncomfortable	1' 8 x 5 sec L8 55 sec rest L1 2. Towing behind power boat 3. Ergo work on light setting